Introduction- The professionals do this for the sole purpose of supporting a patient. I will show you that the field goes to nothing. Many in the public are rushing to this for support. The workers means they have to have a large team set up alone to hide your private data, and also to make sure a patient has what the field deems human rights. These factors come first for the patients. Patients are not working on their mental health nearly enough, so they go seeking help for life for things that happened years ago. There is a high amount of mentally ill, so they have to keep doing this. People are being taught that the way to get the attention they want is through concern of them, so they will keep giving other's reasons to worry about them. I am saying that your country will stop catering to all of this. They tell the psychiatrist every time it was the mental illness that's why they said or did what they did, and the psychiatrists believes it every time both of them thinking these pills will prevent it in the future. Everyone becomes miserable because it is more work, and nobody is learning to stop getting others to be concerned for them. The environment has made it where it is the norm. What this is doing to them is making people you've known your whole life that are in their late 20's you're turning the patients to want a high amount of attention, people you no longer recognize and now their first goal is to get your attention by saying they "need support". The mental health professionals have the patients by their clutch, all this is just watching over grown adults. Nobody, meaning their friends, want to listen to them talk about themselves and their problems for a very long time, so the paid professionals do that for them. This includes people with no experience in the field, they get people to listen to them to talk about themselves. There is a way to prove I am not lying in any of this, there are always cameras in psych wards. I do admit this could be biased when it involves me having an altercation with someone else or someone clearly wants attention. They will not hand you the footage and the workers are taught never to go public nor will they. I just cast this off, I quit on it completely feeling that it's even worth getting upset about. The reason for the caps is to make a point stand out at how crucial something is. If I present anything as a fact, this is my understanding of the situation at large apart from my account which is a fact. I am not claiming I can fix the mental health industry, but that it can be reformed for the better, I don't think it will ever be fixed. After what I have written, if for instance an adult were to ever claim to be mentally ill after beating up a 12-year-old for a thrill, if they were to ever claim to be mentally ill where they did this to try to avoid jail I can no doubt prove that they are in no way such. Yet for some reason, this person can be viewed as such if they wanted to or were lucky in some way to lie about being mentally ill and these two types of people could not be more opposite possible. If you truly feel that these are terrible ideas I don't

mind one bit because there is no way of possibly reforming the mental health field that I have seen with exception of convincing parents that do not need to put their 18-year-old sons in group homes yet will put them in anyways thinking their life is in danger, that is the only thing I feel can possibly be reformed which would be reformed easily I know. This field at most will not be much better or worse no matter what they do, you have my word with the 4 years I have being in it, yet they will keep trying new things, new ideas, and new medications. I went to 3 different group homes one of which was a crisis center for over 4 years total. This is in no way to take away your joy working in this field in some way but to show you what I have seen and why it has to exist at all costs. In fact, this is to show you that I would never work in this field no matter what. If these workers quit, there will be serious problems in society. Nothing or very little gets accomplished between the psych wards and group homes, none of the patients will ever get work nor be able to hold a job for more than a week. Also, yes group homes are the exact same environment as a hospital which I will show, the difference is you pick the food you get, you get a small single room with no locks, you can work a job, medications are never required ever, and finally you get unlimited fresh air. People do excel at getting the help, but it is up to the patient, read what I write to decide if this is for you or not to get something out of it. The medications distort things making it incredibly difficult to focus, you zone out and lose the ability to do things, you become like an elderly, I couldn’t say it better any other way. You will never get an apology for anything ever, but I will expand on this more later. I was diagnosed with schizoaffective disorder between the 8-psych ward visits each time, no different diagnosis ever. This will offend some people a decent amount, I am aware. This is a waste of time for 98% of people of any age teen and up for sure, in every paragraph I type, this is what I am thinking when I type it. I’d like to add that I talked with a nurse in a psych ward, she told me the medications do “absolutely nothing”, I couldn’t agree more with her here, and yes they all work the exact same some are just much stronger than others. The patients’ fuses will get too short, and the staff won’t be able to handle it in the future when their anger is too out of control. Their behavior will get too peculiar, they will also be too demanding for attention. Or they will be too incompetent. Whatever thought is behind what the mental health field does, it is not needed. A few ideas I like, but the patients don’t take from the ideas at all. The workers and professionals meanwhile, could not be better trained better employees if possible, I applaud the work they have to do at psych wards and group homes. This is clearly not to help, it is to temporary house patients. A worker told me that it varies the percent who are deemed mentally ill generation to generation. I disagree with this, it will only expand each generation somehow someway. This is a crisis of

some kind where adults have to grow up but can't for whatever reason which I will show. You can be 100% sure that this will never be taught in schools what I show, ever. Every patient in the psych wards I went to had motives for what they did except for this one lady at a psych ward that was truly incompetent, she proved to me that mental illness does exist. Pay very close attention to what I write, I have studied culture on my own free time during college, I can tell you for a fact that "mental illness" is a culture of some kind, not a "condition" like they will tell you. Whenever you hear any mental illness said except for "anxiety disorder" and "depression" in someone, it will most likely startle you after this. I'd also like to say I do believe mental illness does exist the way to prove it is if someone is constantly being disciplined and it doesn't work where they still make the same mistakes time and time again. All the professionals want to do is fix someone's behavior, a few psych wards in this state have Behavioral Medicine in their name. It's like being written up in high school which happened to me a good amount. The difference is the punishment is medications and a 5 minute a day talk to a psychiatrist about medication. I remember arguing with the superintendent and they would lecture me saying I did this wrong to tell me I was in the wrong for what I had done. The psychiatrists and therapists tell you nothing about what they think you did wrong. They don't even have anything to do with talking about what you did during the day you were being videorecorded the entire time since their goal is to make you happy first. This couldn't be more opposite where one clearly wants you to stop a behavior the other doesn't care. One wants you to be in detention to learn the other wants you want as quick as possible since they have new patients for psych wards. The reason for this is because we are adults now, this is a business which I will show you want as quickly as possible since they have new patients for psych wards. What amazes me too is they have all these signs showing your human rights. The goal is still to get you out maybe it is there to remind people how to get out, it could. They have too many people going, they don't rush people out because of the cost. Finally, thanks to all the employees who gave me advice on how to better understand the mental health field and psychology.

What I think bothers me the most is that people think that this is for "self-betterment", people should be reading books on psychology, don't go to professionals for them to tell you what you want to hear. Because the professionals do this, they get people every year who want to work on themselves to feel better, be respected, and be accepted by more people, there needs to be two separate fields and this would be done through education found at such through college, not through therapists to talk to you! An example is this is someone will tell you "I need to work on my social quo's and reading people's emotions", ok then read books on it, get friends

who are wise in the field, don’t seek professional help, the professional help is for people who want a second chance. People think life’s journey needs guidance so mental health will keep expanding, that a mental illness is a “battle” they overcome, of course in today’s world there would be many people who go rushing to a field like this. They really think this is what defines them as a person, it isn’t about their faults we all have those, they think having bipolar is something that makes you stand out. Think of how strange that is. Would you want to have bipolar? No! One must wonder if a patient suffering from any of this where you take pride in it? They will tell you they are suffering from it because they loath the attention from others; heck, they will talk about how they couldn’t get out of bed one day last week all day long. What is going on here? It gets worse because the mentally ill are smart, they know the more attention they get from others, the less people want to talk to them so they get wise about it and regulate how much they talk about themselves which is what their goal is, the patients found a way to get empathy and talk about themselves at the same time! Some of them are violent, but what patients really are is people who do not fit in society. Patients stand out so much, they formed their own communities that can be found at psych wards and group homes that do not function properly as I have outlined. It is no wonder why they feel they are “misunderstood”, patients are what they want to be. I can say it hundreds of more times, this is not a group you want any part of. I wouldn’t want a patient for a friend and it takes awhile to identify how they do not fit in. As far as those who play the system for benefits, I have had not one issue with people like those.

Don’t listen to people who say you cannot tell if someone is struggling or not based on how they present themselves. If they do what they want during the day all day long, they are not struggling in any way. I’ve seen countless people at group homes like this, I wager at least 85% of them. They’ve talked themselves into being mentally ill as some sort of a perk. Not only have I done enough research, but I’ve also been in the system for over 3 and a half years. They are banking on the system. I get a very good sense when someone isn’t trying to be part of the culture and system where they absolutely need it.

It is used to make people feel good and they think they need to feel good all the time. America set themselves up for this. Even if you get along with most everyone, they can still think you are mentally ill. Let me ask, do you not know yourself well enough that you want someone to make decisions for you on how to respond in life? Patients feel they have to do this. So, when their kids are raised, they want to do what their parents do making them more invested in seeking help. They rely so much on support they aren’t

even independent. It’s no wonder why these college protests are getting out of hand, they believe their voice needs to be always heard so therapy is needed for them as a way to get their voice heard more. They can’t prove if someone is angry for no reason as a clear sign of mental illness. What will happen is then they will have small problems that they keep sharing and stressing out their friends. It will make them more needy and far less independent. To patients their experiences even the slightest bad experience means their whole world must change and they must seek help their whole life. It is simple do you have mental health issues or not. Truthfully, a portion of people want the help or learn, and they want a second chance, so they go to a therapist and seek the help. This is not criticism of them. The actual patients believe mental illness defines who they are. Number 1 that is not what this is for. Number 2, nothing more beneficial could “define” you?! They think part of who they are is collecting welfare and skipping work. This is part of their culture regardless of if 1/3rd of mentally ill don’t collect welfare, it is part of the package. If you are not working, you are not trying for your goal of owning a home, the workers act like “tomorrow, they will work”. I can show in all this, people pick and choose the image of this, since there is no footage of it, the public is made unaware of what is going on at group homes, therapy sessions and psych wards. The professionals don’t believe it just because everyone does one thing doesn’t mean it’s the right thing for them. Ironically, that’s how life is meant to work. People are looking for fulfillment so they will keep going to the mental health field. They use the word support to lure people that you have paid professionals as your “support”. If they are anxious, they are sad, they are lonely, they don’t feel wanted, it just piles on. I mentioned how they will keep talking about their problems, what they will do is keep reaching out anywhere with anyone. They won’t even have good memories. Meanwhile there will be more mental health field ideas because they want you to get as much help as possible. All they will do is reflect on the bad things in their life. I’m aware they will still make it through life, but they won’t even live. Plus, they are doing drugs and alcohol to escape and not having a good time which this is headed in the wrong direction fast. People claim it helps them make sense of their behaviors, really, they are saying they question every behavior and go looking for what is “wrong” with them not why they are different from others. It’s all about being part of the club. Back in the 90s people didn’t want to go to the mental health field for help, now so many go rushing to it. Patients want attention so they fake it so they can talk about themselves and get attention, they want to fit in with the mentally ill community. They research not only the illness they want and the symptoms to fake but also how to sound mentally ill to emulate someone else or come up entirely with their own thing. They want you to pick up bad

habits at the group homes and psych wards. They think they have some diagnosis their whole life because there are hundreds of diagnoses to pick from. Patients enjoy going to these psych wards. They lure people because they say no judgement at all for doing drugs, we are your friends they say. They can't close the psych wards because people feel there should be a place for people who are mentally ill, the reality is at least 80 percent don't want to even be there. The field will be the exact same, it wasn't much different in the 1960s and in the 1800's. The field is just a bunch of random people who not only do not know what they are doing but are not even willing to tell you when you mess up who think they make people happy. Does this sound like a field you could trust to make a serious decision that you are schizophrenic and need to be monitored your whole life? My point being it can't be both, it can't be run by these professionals who never want to hurt your feelings and then have them discipline you. I'm not saying all workers can't be taken seriously by the ones I've seen I would say most. Most workers are women that want you to feel accepted by others, what that shows me is that they are relying on these medications to do most if not all the work. Some of the workers are about business and that's fine, but that still doesn't fix the issue, a clinician told me they need security at psych wards, they need a serious step up to discourage people from acting this way in public where they don't want to go to a psych ward and act up the whole time without any repercussions. Hospitals are for emergencies; they are not for grown adults who want to act like children while demanding attention from others. Patients can choose to stop talking about their problems all day, they can choose to be positive, yet they claim there is a stigma, and all this is part of their mental illness. I have no reason to believe patients have the intent to stop the behavior they are doing. If they were to do that, they couldn't be victims anymore. They act like they care, but they don't. Meanwhile Pete Davidson is treated as someone who will never harm himself, so this is proof they are trying to normalize it. If they take out the drugs in society the amount of mentally ill in society will go down. They always assume that when someone is yelling, they did their best to prevent it. For mentally ill people it is the opposite. One of the workers at a group home told me he wouldn't work a teaching job because the students are outrageous. I have a question for him, does he really think working with someone who murdered someone is better than being a teacher? He tells me every time they vet the people. Clearly, he has overlooked this. This is the same worker who said they can only do so much. To think there is a staff that can handle sectioning and can also somehow prevent a guy like that's anger. If that isn't a lie on someone's part that this place is safe, I don't know what is. The website sure made it seem safe along with the YouTube videos. They know to "protect" all your "privacy" in the hopes of

hiding all this. Don't listen to the propaganda the professionals put out. Am I the only one to wonder what we are even doing in psych wards? No duh people would seek help, they want to be happy all the time in life, who would pass this up? A pill that makes you happy, who would skip it? The reality is this is for teenagers who need life skills with role models they don't have, not for grown adults, by age 21 you should know by now the damaging effects drugs have on your body, how to act properly, along with how to clean properly. You have life experiences, teenagers don't. They want to give you that second chance as quick as possible in America meaning identifying mental illness at a younger and younger age to put a teen in a psych ward. The goal of this is to quickly rush medications and therapy for life for a patient since they will be on board. What this tells me is that America most likely is panicking very badly at what is going on in the country. The fact they are opening more psych wards in America is telling something to us, but we don't know what. We know they want to rush people out and I've found more and more advertisements for websites to find therapists for people. Something big has to be going on but I don't think it is catastrophic. I think they are worried for the next generation, and they think the younger they experiment on their youth their hope being that nothing bad occurs from it where their youth grow up productive. In truth, the elites do not know what flooding mental health will do having it at a younger age. Clearly, they are relying on it. Mental health is always a last resort, it is that way to this day. It goes to show the elites have no answer for what is going on in America to gamble with mental health. I think it will do absolutely nothing as it has neither beneficial nor detrimental. The elites clearly think of their own youth as either sick minded or incredibly sad. Remember that everything else failed between parents, schools, media, and politicians. No matter what, nothing can change the fact that therapy is a service paid for by someone to tell you that you are loved for 1 hour a week. Therapy is to brainstorm ideas on how to resolve your problems, you can do that yourself with friends. Therapy should only be for people who have serious traumas to manage for some time or they are undeveloped and have autism for instance. This is clearly a last resort yet celebrities like Kendall Jenner push it as part of her "legacy" and "growth". Therapy should not be time to talk about yourself and how you want to better who you are. Therapy should only be for people in crisis however long needs to be! In fact, therapists will never tell you that you were wrong. What will happen is these patients will be too much work despite all the success they have between a college education and a high paying job leading to more failed marriages and more complaints. I find this to be ridiculous.

Mentally ill people have no priorities. What they end out saying is I'm sad I have no friends no one supports me. What I've observed is they don't even

have a boyfriend or girlfriend they may sleep around on the weekends but the point being is they don’t want any responsibility that as an example. Having a boyfriend or girlfriend is a priority to maintain a relationship. They don’t want that and then they say no one supports them. That’s a clear example of how they do not try at all. It happens every time where they come up with reasons why they are miserable but try to find ways around being miserable instead of fixing the problem at large. One guy makes music, another guy sells thrift store items and makes 200 month. That’s not a priority nor a career. That’s a hobby, nothing in common.

A professional could never tell if I am mentally ill or not, they aren’t in my brain and they themselves said the brain is very complex. This means I will never know if I am mentally ill or not, it’s not for me nor the highest paid psychiatrist to say. Mental illness cannot be caused by an event in your life or not. Even if you get along with most everyone they can still think you are mentally ill. How do they know their country is not to blame for someone’s resentment towards others? They can’t prove if someone is angry for no reason as a clear sign of mental illness. They can’t tell if someone is in a crisis or not because they could say they are suicidal when they are just sad. No one can fake a mental illness when they cannot prove someone has one unless if it is an obvious case? They can’t separate natural reactions versus a mental illness. I can just claim it is preference not to enjoy being touched for instance or not to have many friends or not to talk a lot, that can’t be used as evidence against me. The professionals can never tell if you have a mental illness or not since only brain injuries can cause mental illness, no other event can cause it. Even if you are not happy, that doesn’t mean you have a brain chemistry issue. I don’t know how they can convince someone of this after they’ve tried different pills and therapy for over a year. We live in a world where at least 65% of humanity believes everything is changing and nothing can be absolute nor proven yet for some reason we are diagnosed with lifelong illnesses by professionals not to be questioned? How?! If it is not working, then that isn’t the problem unless this all isn’t the solution is what the professionals are saying. The brain injury doesn’t guarantee that you got it. Mental illness develops on its own. We all have our breaking point too, welcome to the real world.

I would appreciate it for anyone who works in the mental health field to answer this these questions, do you really believe someone needs your help when they have gotten it for years and have not gotten better or worse? Do you believe you can find a medication that improves someone’s ability to speak rationally? Are the patients miserable, or is it that they want your attention since you claim they don’t want to be in the system? Do you intend to keep them in it their whole lives? For those who don’t know the mental

health field, this is what I have observed: It is the opposite of music videos where it is a bunch of people with destroyed families with little hope left who go as a last resort because their friends told them they had to go. Historically, that may have been true, however the people that go to these events or psych wards, they do it to escape reality, they keep doing it and doing it with no intention of getting better and if they do explain their past, it is only to get attention they feel no shame for it. I've seen it where they will complain all day about how the staff is taking advantage of them and then at night they talk to the staff for two hours about baseball, they rant thinking it will bring them joy that's the first thing they do. It's not that they hate the staff, it's that they want these programs to be for them alone and they are speaking out against it. I'm amazed how none of the patients become physically sick of it like I am. The ones who are angry at psych wards, they have these demands that are so peculiar that no one could understand how to make them content in life it resonates to me as to why a psychiatrist would call them schizophrenic where they don't come close to making sense. Every person, whether angry or not have such high expectations for any program they go to that they only get the best just like colleges with the rate my professor website reading absurd comments. To get a sense of how mad these programs are, there is a person at my program who is in his 60s and he talks all day about how he would have been a major league baseball player if people didn't slander him, he won't talk about anything else and it's safe to say he's been talking about it since he found out he wouldn't make the cut. When they decided programs would only be for 3 years max, they must have figured it is someone else's turn to deal with the patients under the claim that they want you to be "independent". A higher up at the group home told me that medications are a short-term solution and not the answer to your problems. A psychiatrist told someone at my group home that he wasn't allowed back at the psych ward he worked at, these psychiatrists are getting fed up with something they wanted this person to be a part of. All the medications work the same, I've taken over 11 of them you can trust me here, you want to know this because they keep inventing new medications, we the insight we have there is no chance it will be more effective than the last baring a slight difference. None of these changes the fact that psych wards are still only intended for people in crisis! This is what I want done, since the psych wards won't keep the patients for more than 2 years, I want the group homes to fill out a checklist of someone who intends to move out, they should have to give a report of pass or fail for mattes such as: maturity, how serious are the anger outbursts, showering, ability to think at all, any injuries that cause physical disability, ability to cook, ability to clean, level of negativity, supports set up, drug/alcohol use, amount of medications taken daily, do you need

special privileges at programs, how many times a week someone needs to get rides to counseling sessions, can the person talk about hobbies with a person in public, do they have the want to work etc.? Until someone can prove that they are capable to live in society, they shouldn't be able to get Section 8. This will never happen in the history of America. I understand why society doesn't do this because the patients have no interest in help and won't listen. They have lived a life like that, and they have given up on it even if it was when they were 15 and now they are 40. You wouldn't believe me unless you saw it for yourself that people won't try.

If someone tells you that schizophrenia means you have your challenges and you can function at a high level, tell them that they have been taught something that is false. Schizophrenia means the opposite; it is something you would run from if someone told you they were diagnosed. A schizophrenic will have speech that is so out of touch with reality, it bares no resemblance to any conversation. The first psych ward I went to gave me a schizophrenic diagnosis, I called the psychiatrist months later and told her I was working at job at 32 hours a week, she then told me "Then you don't have it", whatever it is, it must be so serious that by working a 32 hour a week job at minimum wage means someone does not have schizophrenia. People with schizophrenia don't even let you talk and make no sense at all. They are cavemen, they have to fight to live, they only know the basics and plenty of them can't do laundry they need someone to do it for them. I can tell by the trailer of "A Beautiful Mind" that it couldn't be more inaccurate. Patients with schizophrenia have a terrible difficulty remembering things. What they think is so out of touch with reality. Schizophrenia means you cannot feel secure in your environment no matter what you cannot get out of your mind where you have gone mad and have a serious episode. It means you need help 24/7 in some way with support from your family. Schizoaffective means the same thing. Someone with schizophrenia babbles all day, the patient yells at random, and he takes a hammer and hits trees with it. The professionals say that there is a wide range of schizophrenia, this is false. Schizo-affective disorder overlaps with autism. Schizophrenia defines someone, they know what it means in the textbooks, they've come up with their own definition for it. One diagnosis from a psychiatrist is enough, if 99 other psychiatrists say you are not schizophrenic, you are still seen as such in society. Schizophrenics have a 20 times higher rate of suicide and drug and alcohol abuse. That is insane!

Their only goal in this field is to fix why you are upset to get you to the next day. This renders all employees worthless in that they cannot fix what is wrong, they just want to slap a permanent label on you.

Patients and professionals love these medications. They put in a good amount of time, thought, and effort into it. If these medications were to do anything, it is so slight it's not even worth asking beyond one question about them meaning putting more than 2 minutes thought into it. The question being "who could it benefit", the answer "no one."

There is no need for psychology textbooks nor books written on psychology by authors. The psychology field is 100% reliant on the medication. If the medication does all the work, what value would there be in furthering education in psychology if you were a worker in the field where the workers are only there to support those who go to them?

It does not mean you are not mentally ill if you are homeless, and you can hold it together. It should prove you are not mentally ill in any way.

My theory for ADHD is that ADHD is higher in men because men grow up at a much older age. Or maybe teenage boys play so many hours of videogames. I couldn't think of anything else.

With psychology most of the jobs are terrible and at least 70% of the jobs the pay is horrific and only require a high school degree. You as an employee have to resolve other peoples issues and listen to tehri problems. This field is not worth it at all.

The medications are for mentally ill patients. Most people are taking them, that's how out of hand this has gotten.

The reason why they have the mental health field is because patients cannot learn basic skills.

This is one of the reasons why I do not agree with this field for most things, the professionals will say "we don't know the most impactful reasons." The professionals list all these different reasons that play a small role, in for instance why single-family households fail. Their response is always, "we don't know for sure", that's not good enough. The professionals don't believe in correlation. Everything must be a theory in psychology.

Therapy costs between 65 and 200 dollars without insurance. The therapist have to make sure someone needs it to a good degree at the minimum. Obviously let's say 10 % of Americans dire need it. Yet it has shown me this is not the solution for the rest of us. It should be get in and get out within a year for everyone but the 10%. Let's put this in perspective, let's say you were once an alcoholic for a time in your life not too long, you don't need therapy, not at all. Many people in America instantly think they need it for life. Alcoholism could have been a phase for you where you had to grow up, or heck maybe it was just tough times.

This is a truth; mentally ill people don’t want to live their lives like the rest of the population does, they want to be different from everyone else. They go to programs thinking of a staff that talks to them and they take medications thinking they will want to live. What the programs say is they never give up on someone, I agree with that stance the programs take. However, the programs have to tell the patients that they’ve done everything for them instead of having them try a new medication which is what happens, but all medications work the same take it from me I’ve tried 8 or more of them. We have to hide the fact that people don’t want to live. I am not the most mature person you know this but I can’t help but laugh not at their suffering but at the fact that you know by talking to them what they want to say but have to hide, if I am laughing for the first reason I apologize but I don’t think I am. Remember, the patients aren’t undereducated, they know people’s hobbies what bring people joy like working out, watching sports, eating food etc. You aren’t giving up on the patients, you’re telling them the truth that they have to accept reality. I appreciate the work the patients do at programs, not psych wards though that’s for another day. Or like the one guy that was violent at a psych ward I went to where they tried him on a new medication, and he clearly is trying his best not to be violent, but he simply is they wouldn’t tell him.

A worker in the field confirmed for me that psychology goes on forever, meaning you can spend your whole life studying psychology through endless books if you choose to do with your time right through your smart phone. This means the people working in the field in psychology including the staff employees at the bottom for instance the group home workers are either going to get so millions of times better as employees, or worse, they will be given such poor education on how to help someone given the leftists trying to run all colleges meaning they workers will be difficult to work with. What I think will happen is that the professionals will disagree over slight things on what help to give someone since one professional will be smart and know what the right thing is to do, the other employee will be lost.

Even swearing is a warning sign, given how social media influencers like Dave Portnoy swear frequently, that means there will be more young patients in the field.

Remember that the workers themselves have their own problems. So, if you let them in your lives, you will have new problems. I’m not saying every worker is like this, but I wager 80 to 90 percent are like this. I can prove this, ¾ of the workers have therapists and take medications. They must have problems of some sort to be seeking the help.

If patients don't keep making changes and don't have goals than they are not seeking the help. It is really easy to seek the help.

From what I've observed, a portion are playing the system to collect benefits but the rest need the benefits no matter what. It is very unlikely that the government will cut your benefits if you are in the system.

People go to therapists to express who they feel they are because they don't feel understood or accepted, they try to find acceptance.

The benefit they see in ending the prison system and putting people in psych wards instead is to try to pill everyone up thinking that is the solution. Plus, no employer can get a hold of it so it is like it didn't happen versus jail where you can only work labor jobs.

Racing thoughts can take years to go away but they can. Most of the time, they go away.

A worker told me 1 out of 3 are seeking the help. That's not at all what is going on. The help is coming to them by requirement or force. That's not a positive in society even if it were free to have medication and therapists that people are dependent on minimum weekly help.

The therapists are smart enough to know to tell someone to walk away if someone on the internet is bothering them. The therapists won't talk about what others think of them for more than 10 minutes in an hour-long session.

They go based on how you feel leading up to saying or doing something. So, they can use this to say leading up to it you were upset meaning they control all aspects because they can argue well before you were agitated doing paperwork.

What I think is happening is that our lives are so good in first world countries that people are ending up depressed. Depression isn't being discovered like the professionals will tell you. I don't know exactly why so many people are depressed, but it is not "brain chemistry" that's for sure.

The therapist said there is no "schizophrenic laugh", I disagree.

There isn't a cap on the amount of support, so it can keep expanding. In the future, there will be a higher amount of more support and more access. It will produce the same results.

The professionals say they are in the "early stages" of mental health. The thing is that they have seen it all by 1990. The only thing that is new is all these social media websites like TikTok and how they are used. As far as all the disorders and how to respond to someone's symptoms, the DSM 5 and psychology books cover it very well. That's not "early stages", that's near

complete. The professionals will always say the mental health field needs more improving since every generation of people are different in their own way. All the professionals would have to do is study trends and how each generation responds to certain things which is easy. All the data is out there on what a conservative would be like, what their goals are, what they enjoy and what upsets them.

The professionals have a good understanding of who wants sympathy versus who is in a crisis. When they want sympathy, they will talk about themselves. They will tell you if they want sympathy.

The workers tell you everyone can control themselves with mental illness, but then they say you can't control it. Which is it?

The therapist confirmed for me that if I go to a clinic to get tested for autism, they are most likely going to diagnose me with autism. How fraudulent is that? I'm sure they diagnose 94% of the people that go to them since the slightest thing that the therapists don't agree with would mean someone has it.

The medications turn your skin red, they cause a cough, they cause acid reflux, they make you sick to your stomach, cause memory loss which is serious, gave me the worst bruise on my arm I have ever had, make you lose your saliva, your body goes numb at times, they cause withdrawals, towards the beginning I couldn't even breathe taking them, they gave me a throbbing head pain that lasted all day, they make your teeth feel funny, they cause you to feel spaced out, they make you forgetful of tasks the word for it is "derpy", they slow you down when walking, they cause your hand to shake, they cause you to sleep over 10 hours a day or serious sleep issues, they also gave me insomnia for months, your stomach gets sick from them when taken at a medium dosage, they make you itchy, and the medication caused me to have a poor balance because my tendons were out of line. My blood pressure would rise immediately from taking the medications. When the medications were wearing off, the pain was incredible at times from all parts of my body.

Doctors expect patients to visit once per month to check their blood pressure to make sure it is stable while taking these serious medications.

Psychology is all about making people feel supported. Its goal above all else should be to reform someone and support them in the process.

If you take too many medications at once, you ruin the effect of them, yet so many people must do this to themselves willingly where they think they know more than the psychiatrists. The patients believe more medications the better the effect. You are entrusted at home to do the medications

correctly yourself. Then they go to a new medication the doctor will prescribe for them as quickly as possible. Nobody learns the lesson that medication brings but a few.

Narcan works every time if someone OD’s but you have to do it within 5 minutes to an hour.

The 1960s is when it got better. Back in the 1940’s if you were a bit quirky they kept someone for life.

Sometimes they can tell if someone is faking a crisis. Most times they cannot tell if someone is faking a crisis.

If someone takes too long to get out of bed in the morning. Let’s say if it takes more than one hour.

Because no one knows how mental illness starts in someone, no one can ever take the blame such as social media platforms. Progress in preventing mental illness in the future will never be made, only to further understand and “condition” a mental illness in a patient. Also, we will never know if someone is born mentally ill or not. For traumas we know, no one is born with traumas, but for depression, never. I happen to think no one is born mentally ill I am 95% sure, but I wouldn’t debate it with someone.

Do you know why I am called mentally ill? Because people throw stones at me, and I throw stones back.

I obviously believe mania/manic exists, I just don’t know how many people in America are mentally ill, certainly not 40%.

Part of the reason why I think so many people are depressed is because they haven’t had one hard day in their life, they’ve never worked towards anything, everything came easy for them. The professionals will never tell them that they have to try harder, they will just pill them up claiming their “mental illness” prevents them from being satisfied in life. This is proof there are better solutions then pills and therapy.

I don’t think teenagers vaping is a big deal at all nor are teenagers smoking a big deal. I don’t endorse it, but I don’t think they are gateway drugs like pot is.

The medication always deepens and softens a patient’s voice. You get a good sense of who is on medication and who is not.

The professionals always discourage you from reporting to the public anything by saying “don’t worry about other people’s business.” Anyone would report this if they saw it themselves!

If psych wards take vitals every single day twice a day, it shows how serious the medications truly are.

If everyone of the earth had to register their religious beliefs on the internet and were honest with them then this would solve a lot of the world's problems. For instance, someone claiming to be Muslim would be lying about it to confuse the public, this would expose what their parents taught them to do. This way we know what religion is responsible for tragedies on the earth and we could correct the problems.

A single tweet that is political or religious is not struggling, a clinician confirmed it for us.

A head clinician confirmed for me that crisis you do get out of, it doesn't take months and months to get out of one.

Patients think they have anxiety disorder when they have high blood pressure. Either anxiety is causing it or most of the time they feel what they describe as "anxious", think of how senseless that is for the mental health field to do.

To lock people in it for life, they say the brain is complex beyond imagination. I feel the brain is simple, but knowledge goes on and on.

The point of the medications is to prevent all intrusive thoughts, the medications don't do that, in fact they do little at best. If you are severely depressed, the medications do nothing, the medications will lower your dopamine and slow you down more making you more depressed. The medications could cause intrusive thoughts, who takes this stuff?

Because everything is a theory in psychology, the professionals teach that intrusive thoughts can be a good thing for people to better themselves with. Not good. Also, intrusive thoughts can mean repeating thoughts, or it can mean thoughts to harm yourself or others. The term should not be both serious and not serious. Intrusive thoughts can mean harming themselves or others. If someone were to tell you they have intrusive thoughts, be concerned for them. When I hear someone has intrusive thoughts, I will take it seriously.

The professionals have to find a cluster of symptoms.

In this field, they just pass it off to another professional. Patients find a new professional, a new medication till finally they are told by the professional that they are not trying.

All psych wards are for is to wait until a patient calm down or isn't so depressed, they don't get out of bed. The disguise of it is that patients are

seeking help and want to better themselves. Having been 8 times totaling a year’s worth, that’s not at all what goes on.

Schizophrenics find religion helpful to understand the world around them in a way they could not by helping them understand suffering from psychotic delusions. That’s scary.

In psychology they are not concerned at all if you are sexually promiscuous. How terrible is that? Lives are ruined and the professionals support this kind of behavior.

Each generation will give the medications a chance no matter what the studies show with them.

Sometimes the professionals mess up having concern in you.

A lady told me the medication made her very angry.

Most people in the mental health vote left. That’s where they get their funding.

Suicide is caused by many different factors.

If depression does exist, it is up to the individual to not be depressed and to wait until it heals however long.

This is how the psychiatrists get away with this, let’s say you knew someone who didn’t present mentally ill at all. The psychiatrists when you call them will say you are “wedging” in someone’s information. Only you alone can tell them they don’t know what they are doing. So, if you think America is over diagnosed, you can’t claim that. The psychiatrists will say “it’s not your business” when you give them examples. The psychiatrists don’t want you to know anything about what is going on and they will never listen to the public. So, if you call and say that they do a terrible job because someone in the public they have released is showing they need to be sectioned again the psychiatrist will say “that’s someone’s information”, the psychiatrist didn’t do their job. Weren’t these the same jerks who told me I make no sense at all? I can’t have someone on my behalf call them up and tell them they got it wrong, they will respond with “we have to protect James’s information” basically, we have the decision right no it is not for debate is what they are saying. They called me insane, what does my information matter?

Therapists are specialists for your struggles in life to talk about. Counselors are for everything and can help you with therapy, but they are not the ones to see for therapy. Counselors will redirect you to therapists every time. Therapists talk about coping skills for anxiety. Therapy you also talk about

problems, help with friends and family. It’s meant to be a combination of stress, fun, not stressful. Therapists can help you understand life better. You can also talk about others’ problems to learn from them which is excellent! You can go on and on talking about others’ problems as long as you want. You want to meet with a psychologist if one is available, they can talk to you about the mind, human behavior, knowledge, etc. Psychologists and Therapists have to analyze you and fix what is wrong with your state. They are the same thing someone just used different words to describe the same job.

I enjoy listening to Psychologist Dr. Todd Grande on YouTube though I had hoped he would go more in depth with his analysis. I enjoy listening to Psychiatrist Dr. Alok Kanojia HealthyGamerGG on YouTube as well. I did not enjoy listening to Neuroscientist Dr. Andrew Huberman on YouTube, that is not my thing.

Psychologists and Therapists do not have an agenda on how you should act, they only give their perspective. I see good use in this; however, the patient must listen to the Psychologist or Therapist they are meeting with.

Psychology is the study of behavior and the mental process which leads to behavior/ thoughts, feelings, and desires. Neuroscience is for the human mind, observing biologic and chemical processes in the brain and nervous system such as a CT Scan.

The professionals wisely ware you out by talking to you for hours if need be if you are that angry or sad. The combination with medications slows the patients down a lot. They do this in part to help a patient rationalize what had happened. This is genius of the workers to do.

All this therapy is to correct and help you get past a tough time in life not to improve you. Yet people want it to improve them that’s all I’ve seen in my 3 plus years in the field.

Depression can manifest in many ways. This will keep expanding. Another thing, if you are hurt, you are hurt, you will heal most of the time people do. if you are sad, you will not heal. Yet hurt equals sad in today’s world, no psychiatrist will tell a patient “You are hurt, you are not sad”.

Basically, this is the gist of anger management, people talk about what gets them angry and what makes them get passed it so they can vent. They try to find new ways to get past their anger versus find out how to resolve what is making them angry.

Mentally ill means you have a series of events over a span of a year not because you made a mistake and got sectioned, they have people in mental health fields for life who don't belong in it.

Mentally health struggles as a phase of life for being out of work "I had mental health struggles" say that during a job interview casually see the face you get. This would be funny.

If a patient wants to spend their life in psych wards, that is a clear sign of a mental illness where they enjoy going. Even the most depressed people do not want to go and prefer to stay at home in their bed instead.

Bipolar symptoms can last minutes, hours, days, or weeks of sadness or outbursts. This means there is no pattern to it, also that the severity of it has to be tracked. It also means that bipolar encompasses too much. Bipolar should be detected if someone has days or weeks that are very bad for them. Not minutes and hours ongoing on and off. It is clear that Bipolar can be over diagnosed and it probably is.

People who are violent and angry all the time are that way not because of trauma's but because they didn't get what they want on the earth. That means the medications will do nothing. This is because they want to be viewed a certain way that either they messed up on their own or it is too absurd to become.

Apparently, I had a 6% chance of the medications side effects a psychiatrist confirmed it wasn't one in a billion like I thought.

Because the professionals have ended the word "normal" for anything, you can never tell someone something is normal such as when they get nervous taking a difficult test, the professionals win people over saying "you have an anxiety disorder" to the person.

This may be the meanest thing I've written I don't care- some people at psych wards belong at petting zoos. You ever wonder why religion calls them lower than cattle?

If you are going to force people in psych wards, make sure the medications are 100% covered by insurance when they get out.

For Massachusetts to close the long-term psych wards, they must have known that no one is getting anything out of being there. Yes, I am saying it is a huge waste of money. In fact, a worker at a psych ward told me what is someone getting out of being at a state psych ward for over 6 months?

A psychiatrist told me I have no filter, a jerk thing to say. But he has no filter around the buffet line.

“He’s struggling!” I copyright it.

A psychiatrist lied to me and said that you can be schizophrenia and your testimony can still be valid, that is a lie no I will not argue it. He also said mental health isn’t big enough to audit everyone, but it doesn’t change the fact it will get to at least 51% of American youth.

A counselor tells me that there are different levels of depression. You can just keep claiming the max level of it. From there I will make it seem like there’s hope every time it is brough up that it can be cured. Today I have the middle level of depression, the next day I say I have the lowest level and then a week later I claim it’s at the max.

Medications are a wasteful use of time let me explain- you need more and more when you take it because your body builds tolerance. The medications don’t do enough for that to warrant. For something you will be taking for life where you bet all your chips in to regulate your depression, I expect far better results.

Clinicians are for emergencies only. They give you a clinician at group homes. You can call the clinicians at the crisis center, but they are there to evaluate. At my group home they didn’t tell me any of this, I learned it after 3 and a half years where I would call one at night and most of the time they would talk to me for an hour. America is so instinctive about this, they say they give you a clinician in the public and the clinician can spend an hour with you. The clinician’s job is to make sure you aren’t a threat in society. The workers tell you that you get a clinician, no. You must have a clinician knock weekly. Ironically, they can only stay with you for a few years you can only blow them off for so long. This is the trouble you have to go through to get benefits in America. A clinician may as well be called a cop, it’s the same thing. Clinicians just have more schooling.

If you just act calm tell the cops you have a mental illness when they show up. Say you are taking your medications and meeting with a counselor. Also say to the cop you don’t need an ambulance. You should be able to get out of getting sectioned by the cops.

You do not claim depression and victim/injustice because if you are depressed you stay in bed all day. If you are a victim it’s because people are taking advantage of you. If you are depressed you want to be left alone all day, you don’t go up to people to tell them and take offense to what they say in hopes of getting attention from them.

Day to day challenges are not mental health issues. That’s called normal.

Instead of how to talk to an eval to avoid going to a psych ward, people will have their own eval assigned to them for life.

The walls from the last psych ward memory are blocking me from seeing out of my window from lying in my bed. This fades away after a week of being out of the psych ward if I am at the psych ward for 2 weeks or less.

It is beginners’ psychology that people must go to a quiet area for at least 3 hours a day to calm down from stress. Patients need to be taught this instead of how they are taught to talk all day long like they do.

All the patients have social media and people keep trying and trying to get their support and watch all their content, but after a few years it is all the same. If they want to live a good life, they are going to have to try to be good, hardworking, dedicated people not resorting to pills, junk food, and media.

We are spoiled by social media that we have to be entertained 24/7. If you shut off your smartphone for a week and listen to music for 15 minutes a day you will see a difference in your life. You won’t be spoiled by what is offered. It may take more than a week; it may take months.

Isn’t it odd how counselors want you to talk about what upsets you during your week and how to improve, yet talking about it just makes someone upset. At least for me it does. I know for the Palestinians it does, I’ve seen their protests they are always angry in them.

You cannot be in a state of depression and smoke and eat food. You can only eat food if you absolute must since you’ve gone a week without it.

Medications are to prevent patients from going to psych wards, not for people going to psych wards to adjust them because they are still struggling badly. This is proof the professionals are selling you a fraudulent product.

It’s not the counselor’s fault, it is the people who go to them. They don’t want good for themselves, there doesn’t need to be more money poured in and bigger titles for counselors who go to more schooling.

Excessive sarcasm is not a mentally illness provided the person stops at some point since no one wants to be around a person like that.

I was a video game addict until I was 18. The most I would play is for an hour a week now for a shooter that is fun, and it has to be a very good game like Call of Duty MW2. With that being said, I quit because the scores don’t matter, we know this because there is a new game every year or three that people pick up usually from a whole another game developer a different shooter for instance. I thought my scores matter, they don’t. I thought I was

a part of something that previous generations of humans could not achieve since games were not developed. Now I know game scores a waste, you are part of nothing if the game changes every 3 years, there’s no point to be competitive. I can understand if you play for fun by way of playing to completion but that’s it, not to be competitive unless if you make over 40k a year professionally there is no reason and even the professionals probably are sick of their career.

For some reason, all ages of people are becoming so needy for attention. One problem is social media but and it is out of control. This is what TikTok is, 2 billion people hope for views, so they make daily videos. I thought counseling was a bad thing, these children want counselors, I can’t tell them no. Most do nothing for them, nothing bad necessarily. It’s the teachers how they are becoming so political that I am worried about. But that is for a whole different day.

You don’t need to take medications for life because you say things at times that are cruel or inappropriate. Psychiatrists and counselors work with people, so this won’t happen in the future, they know how to get you to stop being mean or out of place. I am aware they will push medications, but part of the process is them working with you. When will they say “you don’t need medications anymore” to a person? I am not trying to claim that they are unable to do the job, in fact the opposite as long as people they know in life are willing to move on, I personally am I’ve been consistent with this. This is what the future will bring, more medications.

People smoke cigarettes not for thrill or for a good time but because they will consume anything that brings the little bit of escape they can get. It was a waste suing the tobacco companies, the patients don’t need to cigarettes cause cancer. They don’t care about anything; they weren’t upset when they heard it causes cancer. Yes I am aware there is a South Park episode on this but what I am saying can’t be compared. South Park made it seem like people smoke to take a break from their life, they didn’t say cigarettes were to escape and people want to abuse cigarettes. South Park also made it seem like the tobacco companies are run by innocent people, not people wanting to bring escape to people who already consume take out twice a day and four coffees a day where this just adds on to the mess the patients already having going for them. It wouldn’t work claiming I took the material from a TV show here.

People in society seriously think you cannot diagnose mental illness unless you are a psychiatrist, yet it is so easy you only need a high school degree and have read 15 or so books.

Aids in school will no longer be used for teens with autism. They will be used for teens claiming mental illness and want constant attention from an aid assigned just for them.

All the jobs that you can get with a psychology degree are all the exact same. People who work in this field work with the same people that claim to be mentally ill. I know you already know this but this is confirmation for me.

The reason why they don't let you sit in a single cell at a local prison is because they don't want you picking in America. They would rather have you harassed for at least 2 weeks, medicated against your will, and ambulance rides. The cop lied to me twice saying I would pass the evaluation and that I would be medication exempt. This is not a mean cop, this is what they are taught to say because someone else has already thought up wait can't I be cleared by a judge instead, maybe they won't look at me like I am crazy that instead I am defensive.

I called the cops, and they said that there is no heightened level of concern no email given out of expecting more audits of concerned individuals of a month in which to watch the towns citizens more after the recent shootings particularly the one in Texas. You would think there would be more of a watch for what people post on the internet much more of an effort, good to know.

Different counselors will give different advice and will tell the clients to try different medications, these clients have to pick a way and stay with it instead of adjusting ang adjusting who they are. Confidence, trust, feeling good about yourself is believing in what you do. Because all this is happening along with the social media expectations, the youth will have strange demands that no one can meet. I am very sure of something like this. The counselors are taking away people's purpose by accident. Meanwhile more politics are going to be pushed and everyone has to live the dream life, mind you they still have to enter the real world where your job is a job and not like the TV shows at all. They need leadership, not someone to cater to what they want to hear. I've met someone who took that step he works as a counselor and a group therapist I was at during a psych ward stay, he's making great money and owns a home. He had to give up his right to do graffiti for good knowing that is unacceptable in society, in fact he was clearly aggressive as a teen having spent 3 years between hospitals, but he did it. These teens need that kind of help probably at a far lower degree, but they have to grow up first then nothing else matters if they want to be in and out of psych wards and trying new medications weekly. I'm not giving up on them, if he can do the near impossible, they

can too. If it didn’t work for someone, in most cases I blame the counselors not the youth like I said before, they need leadership.

If you rant about people and blame them for your inability to get along with others, you are a miserable person. Society should learn from the patients who get laughed at by professionals. When will their celebrities tell them to stop being like this?

I don’t think videogames cause for boys to become less of men in fact it helped give me a competitive spirit I believe, but I do strongly believe porn is contributing to boys becoming effeminate.

This may be the meanest thing I’ve written I don’t care- some people at psych wards belong at petting zoos. You ever wonder why religion calls them lower than cattle?

Many people should be given passes to not be put in psych wards against their will, it should only be for people who truly deserve it which is at least 70% of the public.

Nobody is allowed to get angry, not you or the people in the room ever it is seen as the worst thing ever. This means no one can learn, fact. What makes this far worse, nobody grows everyone becomes tolerant of things that they are more than correct to get angry about. Because everyone thinks they are perfect/needed in society, sensitive (serious) and never wrong, nobody will learn. Meanwhile people are getting away with actual injustice against the country even bigger such as a college professor supporting bombing the Pentagon, nothing was done or learned. This field has no plan at all not to fix it but to end the problems in society. The conservatives speaking against the so many colleges that do this, were right 100% to warn consistently. But because the conservatives are a political party, this determinantal part of today’s American society was in no way addressed and was told that this serious issue is “politics.”

The professionals must tell the patients the truth always. They don’t do this for patients to try to tell them that everything they are doing is part of the “mental illness”. Someone has to tell the patients.

The best mental health advice that can ever be given the second is not even close was given to me at UMass at their psych ward unit which could save the whole field, be positive!

My mom used to keep notes I wrote to her for forever in a drawer to keep making a case against me that I was abusing her, that used to irate me. What angered me even more was when she and my sister would tell me that they would get a video camera and record me they reminded me for what

seemed like daily. When my dad did this to me without my consent years later this made me so angry.

They got it right in America that because of hard drugs and social media, so many people are mentally ill in America. I thought the statistic was false until I looked into it from a personal experience meeting mentally ill people. It is an epidemic as I have warned.

The mentally ill and the professionals trust the medication so much so that instead of kicking someone out of housing, the patient just needs a different medication combination that will work for that patient, it will never work that way, you know my stance.

The workers agree to never go public with this material, but I will. Because the works always think there is hope, they will never go public about this. It would make the workers look dumb telling the insanity about what happens at the psych wards about mentally ill people. It makes them look dumb to claim that the patients are getting nothing out of it, so the workers won’t. Plus, the workers want to be professionals about everything.

No fact is ever mean or offensive to tell someone about what they are or do as long as you don’t remind them all the time. The only thing we should be sensitive when discussing is if someone has a life-threatening injury, a trauma so serious we cannot discuss as it distresses us as well, or someone has for instance autism since that is no fault of their own and more importantly, they can’t improve on it. Those are the only victims in society, you are not.

The workers always want you to life a happy and fulfilled life that is their goal as workers.

People are isolated and that is causing depression, I agree with this.

The psychiatrists always assume mentally ill if a patient doesn’t listen to directions, that’s not mentally ill at all.

Professionals call it “screaming” when you raise your voice in anger. They also never expect an apology for you for something ever.

If people don’t believe you that all the psych wards, group homes, group therapies are all the same and it is very easy to learn in a few years such as the people the illnesses and the medications, what you can do is claim to be a mental health expert. People will not take offense to this or try to claim you are not one. Remember that it doesn’t matter if you worked in a psych ward making 15 an hour, you could claim to be the best worker the psych ward ever had, and no one can disprove this that you had helped save lives.

If we can't discipline the youth all we can do is educate and educate and educate whether they take interest in knowledge or not. Also, they are taking out bullying, this will make things much harder to do.

Something I don't understand that people do is they try to get people fired from their jobs. What's the point of doing that when the person who is getting fired finds another job and ruins it there? Do people do that because they want that person to make a lower salary? Most likely the person will not have a lower salary at their next job.

If I advocate for someone which I have met who doesn't need to take medication Are you sure because you are taking time out of his or her life every night for at least 5 minutes on top of the fact they have to do a motion of putting medications in their mouth and drinking water plus with the interaction with the staff present? Also, medication is very serious and can be deadly.

The guy who goes to psych wards all day to test for if people have autism, he told me he lives in a house in a forest to get away from having neighbors. He was friendly.

If you can't "control" what people think of you, realistically you cannot control if people are so dumb they can barely function.

Mental health at 47 billion views with the hashtag (#) which I google searched easily. That is astronomically high for TikTok.

Calling the youth marginalized is a catastrophic idea because the youth will keep wanting more things and different things because you just told them that they are being taken advantaged of in society so these youth will want to not be marginalized and they will try to do that by requesting things that will prevent this for them. They are being set up for failure because the demands for these young people are so high on top of the fact social media is telling them to be an activist and that they are mentally ill.

I accidentally found a way to beat the system. At my program if you go knocking on the door you get 5 minutes you will not get more than that I used to get upset. So, what you do is knock 9 times a day and write down what you say so you go in quick and get out quick and plus no one can interrupt you unless they were right behind you when you entered. I did this and staff got really mad. They will not change the policy. Because they do not know who it is, they can't say James no thanks busy like they want to do. When they open the door they are saying they are not busy.

To show you how frustrating the mentally ill is, if a teen or a child is to annoy you where they tease you, if everyone ignores them, they stop

eventually after many days of being ignored and learn the lesson. When the mentally ill talk about police all day and themselves, they never learn no matter how much you ignore them. Even if everyone of this earth spent 7 years ignoring the mentally ill, the mentally ill just go back to talking about the police like they started. I call this “story time”.

They lie to the people at psych wards, they claim the reason you are there is “behavioral”, when they say that they are saying I have bad behavior that’s why I am there like I am some teen being written up. You don’t like what I believe such as a culture, that’s the truth. I’ve been consistent with this, someone in the public doesn’t like me, that’s why I am there. In fact, a psychiatrists pitched to me to leave being religious like hey I have a good offer. It isn’t the public that doesn’t like who I am, it is always the religious centers in America.

The mental health counselors at least at my program they try to take interest in you by asking what your hobbies are what is your day like as if you are an actual child. I understand to have a connection with me that it would be wise to take interest, but they don’t have to talk to us like we have no friends at all and the staff is our maid that doesn’t clean. They just keep shutting down the subjects you talk about hoping you will talk about yourself.

It would figure that the people who claim to be mentally ill who request anything and everything for their happiness, would have over hundreds of thousands of medications to choose from with endless professionals to talk to. What I am saying is the people who want to pick anything choose to pick everything endlessly, they still don’t improve. What this tells me is that it is the patients are not trying or the professionals are not good at their jobs. It could be both. I believe it is the patients because they can pick the professional they want. The professionals offer little, I don’t fault the professionals.

It’s the mental illness, you can just say this for everything when you do something people don’t agree with, they won’t argue with you only disagree.

One of the psychiatrists told me “You will be taken to court” after he thought I was refusing a medication. He said it bold like this is what will happen to you not yelling at all. I forget the word he used but it was just so funny to me a month later to think about I don’t know why. For some reason psych wards are funny to me.

What if something like intrusive questions do exist (besides of the obvious we all know about like sexual questions), but because people want to be

kind, they answer the questions anyways. So, what this does is this get them mad later on and they think it is because of something unrelated that they are angry about not understanding what is going on.

If mental health does not expand and expand like I believe, it will certainly be used as the explanations for most people’s actions in the future as I have proven.

Another messed up thing about our generation, we keep talking about how life was like as a kid and the cartoons we watched, people rewatch the cartoons. They remember it all wrong, thinking that a juice box from the 90s is such a big deal, you can get a different brand made today that tastes about the same instead of keep talking about the one that was cancelled.

I can’t understand how someone could be in crisis when all the staff in the waiting room likes the person, why they can’t just let the person go home.

Tucker Carlson is mentally ill given the faces he makes all the time on his tv show.

This is something I truly don’t understand. So, for instance when someone robs a bank, they get a thrill out of it, it has reason even if the reason alone was to impress someone and had forgotten how serious the consequences were. However, with the mentally ill as I have shown use no reason at all, their first concern is always themselves. Given that the mentally ill has no motive for anything, how does their brain even function by that point? They have to all day put themselves first talking about themselves, other people, or their hobbies. By mentally ill, I do not mean someone who is traumatized in Syria, they still know right from wrong. The people who are suffering in Syria cry for help all day long, but their brains should still function, this I agree with 100%. Keep in mind too that the people who are suffering in Syria, their traumas could get a lot better, but the mentally ill in America just find ways to get worse. To put this in perspective, the mentally ill in America’s first concern for instance is most of the time cigarettes, the people suffering in Syria have to buy cigarettes out of a means of escape but it a choice they don’t want to make at, given that they want their money going to those in need.

If you know everything about law like you do where you know how to talk to the cops without getting sectioned, then you can work a job, period.

They cannot identify who is angry and who is frustrated, though I don’t think any professional ever could if truly possible. If they could identify who is frustrated and not angry, they could easily help fix their problems.

Holding a grudge may never be acceptable in the future given where things are headed.

Listen to me something that may be fun or funny to say is actually dangerous and too much of it overtime will cause you to be very angry.

Mania of acting up in a psych ward such as running in the halls laughing can develop into urinating on the floor, but this is rare.

When I look up PTSD, it is the most serious thing one could ever get, it will destroy almost anyone. When I talk to psychiatrists, they can say to someone “oh you have a bit” to someone who may seem a bit angry at times. This is very confusing to me, and I believe is truly wrong to have a wide range of diagnoses. This may be far too deep, is an elite trying to either make someone feel bad who truly has it or are they trying to confuse people into thinking they have something serious unintentionally? I’d never know.

I wonder if a therapist if I ever said, “I don’t want to talk about it” to most things but football if I had serious problems, would there ever be a therapist to say, “ok then leave sir”. I doubt this.

I am convinced most of these workers are so out of the world or senseless that they cannot recognize their emotions such as anger. So, when they get yelled at, they ignore how they feel and act like it is nothing at all. One of the workers told me that it was no big deal getting screamed at. This worker must forget the stress it causes long term on herself.

A conservative radio host my dad and I listen to in the car in the mornings was upset that inflation is setting in America at a high rate, he wanted to make a point by talking about people on welfare that the patients don’t care if any price goes up except for takeout and soda. This is a reality for people on welfare. The only price that really matters to them is cigarettes. If cigarettes were $24 a pack they would be outraged by it and vote for a new president.

Teach in the schools that there are plenty of people that need welfare and cannot work that are that traumatized, are so angry that they won’t listen to others, or are so incompetent cannot take directions. The ones who can appear as if they can work such as the ones who are too angry to function in society, explain in the schools that though it appears they can where they smoke cigarettes outside all day and listen to music that they can never work a job ever. What welfare does is it makes people on it have all these small tasks that they don’t have to do but will do it, anyway, feeling they have to in order to live the life they want to live, it become more work for the people around them that have to drive them places and get them to

appointments such as therapy. They feel they have to be a part of a club or a party, they end up drinking or doing drugs and then go back to rehab because those on it feel that they have to live the life that “defines” who they are. On welfare, they don’t achieve their dreams, for most, it does no good.

What I am trying to spell out is that they cannot tell who is genuinely hurt and how much care they really need. They value all the same. They also need for categorize all this, for example if someone has trauma they still know right from wrong, they will feel shame for their actions. The rest of the patients never will but them.

If someone is mentally ill, there husband or spouse is never to be also mentally ill. This in particular will offend so many people unlike the rest I know.

Make sure all mentally ill people have their own towns and societies that workers can go to do the jobs for them. This will also deeply offend people when they hear this.

They need signs up at psych wards that say “if you go, your friends will leave you and society will cancel you”

The building where the challenged youth go outside looks so professional, is big, and is in an expensive city downtown. You wouldn’t know how insane the stories are for the teens there. The teens are sent there because their parents can’t deal with them. The employees are paid terrible and come and go. It is one of the last places you would ever want to work at. A worker I know who previously worked there has so many stories.

Take my word, the medications for me did nothing at all. All it did was make it harder to breathe as its goal was to make it more difficult to get angry. If someone’s mental ill, these medications will not do much at all except for a small amount of people. These same people will be sectioned. When I went to the psych wards the people there had already gone time and time again, I had not found many that it is their first time.

If someone is going to complain always do it in the office, pull them aside if you must. Do not ever do it anywhere else.

Normal clearly exists if 2/5 is mentally ill, it still exists. They won’t say all of America is mentally ill, their citizens won’t accept being called a bipolar person, they don’t want to be known for something they don’t have. Even if a professional says that they are bipolar, they can just dispute it and say that a psychiatrist isn’t qualified to decide that.

Here's something odd, there are different diagnoses, but they all cover the same symptoms maybe all of them. Bipolar has sadness and mood swings, so does depression. The only one that stands out is autism where someone cannot pass high school, but even then autistic people can be very smart, so this is an error of some sort whoever wrote autism where it has both.

A worker told me a college professor told him you go into the field to find out what is wrong with themselves. Given what I have shown you what goes on and how everything is a theory in psychology so it confuses you, does this seem like it is a benefit to you? To me it is somewhat of a benefit at best, it can never do serious damage to someone. What I will say is avoid only because there are better things to do with your time where you won't see anything for your results where this is something you leave after a few years. If you stay by it, what it tells me is that you really like the culture. It keeps changing who people are their whole lives by presenting new theories, this is not "discovering yourself" it is changing yourself constantly.

3 out of 4 use medications and have therapists who work the field. Do you see how out of control this is getting?

They simple do not know if it is the mental illness speaking or not. Meaning they can't say it is the mental illness.

They can't let this material go public because they don't want people to know what crazy things people say during it.

The more mental help, the more sadness which means more broken families and more people miserable. This does no good at all.

If you sleep for more than 8-9 hours a day you have mental health issues unless you can somehow convince me you love sleeping not that you like it but you love it and it brings you so much joy. You don't sleep your life away, that's what you are doing when you sleep 12 hours a day.

People will never know when something is a cry for help where they must be sectioned since their life is in actual danger or is someone wanting attention like a child yelling, claiming they want to take their lives, and calling names. This means people will not walk away when they should and tell them to stop what they are doing. Remember, the patients do this all day long, no professional can figure it out!

If you think about it there are plenty of people in society that are obese, not because they love food or because they are so sad inside but because they seriously do not know that being obese will cause your death by 35. When you tell them they are overweight they don't even make a face of sadness or

of whatever they seriously don’t even know the effects of being obese. This is sad.

Here’s something I don’t understand if you were an evaluator if you saw someone calm, cool, and collective, wouldn’t you let them go home every time? They will just tell you that you are off medications and that you have been sectioned before. They won’t let you when you come from the group homes ever, it is a guaranteed section take my word here. Ironically an evaluator told me that the goal is always to cut down on sectioning, well their actions wouldn’t show it then.

Would it help these patients if I were to get angry with them and act like it makes me angry too when it may barely bother me? This is so deep. When you think about it, you may or may not be amping them up. I personally would never do something like this ever, but I will never know. I would avoid this as a whole since this is also bad for your mental health so skip this but remember it for deep thinking.

What I am doing here is that I am picking neither side here between the patients and the staff.

Let me ask for a mental health professional, how do you not realize the difference between someone who is miserable for 10 minutes a day and is happy all day long the rest versus someone who is miserable all day long but 5 minutes? You weigh it all the same.

Can you imagine that this stuff happens with parents to children all the time in this generation where one gets nothing at all when the other one is angry. I am spelling this out for you. Not with every family but at least 33%. No matter poor, middle class or rich this will happen I do not know which ones have a higher or lower rate than the other ones listed.

The professionals can diagnose you a narcissist if you only want to be left alone and you feel you are better than everyone else to the point where you don’t want to talk to people much if at all. Given what we have seen about how people wish others suffering where they spend their whole lives working towards peoples suffering on this earth as well, what professional would put a person like this in the same category as them when all they want to do is have fun feeling good about themselves and be left alone? Yes, I am saying this can be done solely by accident in an environment like this that we have in America.

This is what mentally ill means- you don’t function in society and will never. No, I will not debate this.

Can I ask? If you heard that someone urinated on the floor in a psych ward, how would you picture the guy to me? Would you ever think he was down to earth, easy to get along with, and spends time with his family who he gets along with etc.? That was this guy at one of the psych wards. This is how the public wants to end “the stigma of mental health.” But all the public is doing is excusing behavior like such, remember that they hide what this guy was at a psych ward. If someone wants to get outraged over this, there is no way to “end the stigma of mental health” with behavior as such, the people saying that to the public just want mental health their way and cannot accept the truth about it. I had talked to neighbors at a group home and they knew that it is an awful idea to own a home near a crisis center knowing well what to expect such as a mentally ill man trying to start a fight with teenagers.

How can they ever prove welfare fraud given what I have written about the patients? How would someone prove something like this given the responses they will get between someone saying something like “no” or “possibly” or “this is for my political beliefs.”

Do this, take away the patients’ internets for good given how many of them spend all day spending time on the internet sending the most horrific messages possible. They can still have as many books as they want, and they can go to the local library if they must given that they won’t stay all day. They will get outraged I know, do it now!

If someone is suicidal or depressed, it does not mean they make no sense at all as they are told. Yes, they will make mistakes in their speech, they may be too upset to speak or just not want to correct themselves ever and just get upset, this is called normal.

This is what the patients do, when a conflict happens between you and them they will always blame you fully for it and then they will say it was their mental health issues as if that makes any sense at all. If you think about it, this is called scapegoating for the patients who are never wrong I have had this happen to me. They can talk about their mental illness for hours and hours in fact if they mention you are responsible for the event that both of us were in, you can instantly change the subject and talk about that instead and they will not feel played in any way I can assure you this.

Why would they ever hire a mentally ill staff at a place that has fights all day long? I haven’t a clue for this at all.

The medications have a good chance at Parkinson’s over the span of ten years. Yet the patients completely overlook this reality including the psychiatrists all of them which the psychiatrist will lie about it. A

neurologist at the Milford Hospital has confirmed for me not to take medications long term.

Do you notice how with things like trauma there is no measure at all of what degree it is or with any diagnoses whatsoever. Believe it or not. I actually agree with this that yes this is all or nothing for these patients.

If you have hundreds of things crossing your mind at the same thing they will think the worst that you have schizophrenia.

Here's a real trap you already know, we all get nervous at times, a professional could tell you that you have “anxiety disorder”, for something a professional equally gets nervous about yet doesn’t seem to want medications at all.

30% of people who go to psych wards go voluntarily for ages 18-30, the number is higher for past that at 37.5% for people aged 41-50. I couldn’t find the elderlies statistics, but I don’t count them I think you know why. The way the mental health field is trying to work is to make that number as high as possible like at 98% since it may never be the number they want of 100%. So, in the future expect for people to try to change this and have the public better understand their version of mental health. Just look at the politicians, even local how they want to change or expand it in some way shape or form for votes, really.

Another thing that doesn’t make sense is that the patients claim anxiety disorders all the time, yet they talk about themselves nonstop with staff and with you when they first meet you.

One truly scary thing is that they will never show you the person they are bringing in if they are violent or not or what their record is. Keep in mind, people come from courthouses right to there. This means the people in these places are worse than in jails at times, yet we all share the same place with 20 or so people in one small room.

I am going to be blunt here, when I think of a disabled person, I think of someone with crutches or in a wheelchair. When I had crutches in high school, I was a little bit upset. I know it wasn’t for life, but seriously people in wheelchairs aren’t lacking morals. Why can’t there be another word for patients who lack all morals since a disabled person is deemed mentally ill?

Bill Belichick has or had a psychologist of some kind or had one that taught him what he cannot say in an interview, or he had learned on his own.

Someone so smart must have figured out to never put the patients in jails knowing what will happen. Not to protect these patients but because of what we would happen to them. What is so amazing this field was so small

in the 1960s I believe. I clap for whoever was smart enough with this to not think these patients are actual criminals which I have almost spelled out. I seriously wondered how these patients are not in jails and some of them have been to jail for years. And since they are closing prisons to put people in psych wards, this may be the right move after all despite costing for each person in a psych ward $2,000 a night and they are kept for at least 2 weeks. If you can figure out how it expanded so much from 1960 to 2022, congratulations you are a genius and should be worth over 10 million dollars for your findings which you will publish amazed by this.

One patient was on so much medication he stuttered so much you couldn’t understand the word after he had just said.

America does not need case managers anymore, have the government run all of that since finding a job is not like the 60’s where it was very difficult to find the field that best suits you. We now have the internet that does this for us. This also extends to clinicians. I can understand a one hour a week counselor, but that’s it. Go make friends. Also, your counselor shouldn’t be longer than a year, not your whole life.

If you think about it or try saying this with friends as an experiment, if you say all day long the c word, what do you even get out of it? After 5 minutes you and I bet every person of this earth gets zero thrill from this at all. Yet all day long they say the c word to people. I was convinced in some way they get a thrill out of it. What is even more wild is that they may request all these services for no reason at all and get zero thrill from it at all, yet the patients will do it anyways. They cannot recognize that they don’t even need a service at all or do not even think about anything else they could do with their times. But some professional told them to do this, and the patients go along in full not understanding what else they could be doing with their times. Another example is that they will say if you ever mess up with what you say the patients will give you the advice of “oh it's the medications they need a different combination for you.”

These patients mind you have all day long to go on social media and push as much material as they can and they will believe me they will rally as much as possible behind the lgbt community, a conservative party, or a religion yes, the list is even longer of what groups they would join.

Another odd thing is that the patients will admit fault to a psychiatrist if ever they are to harm themselves, why this of all things why not say they were right to do it?

Does a staff member seriously think I will take their word over a neurologist who has told me to avoid a lot of medications that when taken long term will

cause Parkinson’s? They remind me constantly that the medications have benefits when I told them so many times that I lost count of why I do not take them. I know that in their minds they truly believe I don’t get it to not want to take medications for anger.

My whole life I had not a clue that the people who are on welfare and do not work they also have to take medications everyday and visit a counselor weekly but also that most of them have little if any joy at all. You would think you would be the happiest guy alive to get to sit outside all day long if you want to and go on social media to talk to people all day long if you so choose. This completely makes sense to me now why people quit being retired to go back to work.

I know the field will get bigger I can give you an example, so let’s say some maniac punches an employee at work and then this employee who got punched becomes sad inside, they will then believe they are mentally ill and check themselves in to a psych ward. Watching the news, violent crime is going up.

I had no clue that at a psych ward the people there are delusional enough to refuse a medication, when I told the psychiatrist why I refused it he did not believe me at all despite the fact he knows very well of the side effects and the concerns I would have for them being that I had gotten side effects from it.

Can I ask, how are there people who clearly thrive off going to a psych ward and want attention, but then the most of them clearly need to be there at all costs? How does the psychiatrist not recognize this or not care at all? The word they always use is maniac for a person that clearly wants to be there for the sole reason of bringing people down and making scenes. I don’t know why they do this if they can pick up on this, I am thinking it is somewhat difficult to do but with some it is so obvious you not even know when you hear of a story of someone checking themselves in voluntarily and he’s kept for 3 days because he is lgbt and some bar tender and him got into an argument and he felt that he was being discriminated against somehow so he checked himself in. He was very nice to me when I talked to him giving me advice on books to read. They won’t tell a guy like him that he doesn’t belong there even when he leaves.

Here's another thing that truly doesn’t make sense to me, how come their delusion somehow makes them wise enough to get married before having children? I haven’t a clue.

The patients with exception to a small portion, they never smoke cannabis, or they do once a week at most. Some of them drink on the weekends but no more than the average drinker by any means.

With exception of a very few, they will never do heavy drugs ever and if they do they go to a methadone clinic, does this make sense at all?

If you are dramatic to any degree, you are not mentally ill ever, but you may have no friends at all, or they don't want to be friends with you at all.

If you ever apologize for something and you are deemed mentally ill, your parents will tell you that the next day you will tell them that they are responsible for it as if they did the crime themselves.

Every patient with a mental illness is viewed differently by the professionals, each case is unique to the professionals.

If you don't move past insulting someone for more than a few hours, the professionals will always be worried at psych wards and in the public.

Without housing and welfare, how would the patients act on the streets and with video cameras what exactly would it show? Endless people have told me that the patients need housing and now I know they truly do.

If you are to have an alcohol or drug problem go to rehab. This is good because I do not consider those problems to be an actual mental illness. The only thing is, most of the people there at least are these same people you will see at psych wards.

Remember that once you take one medication in the psych ward, you are by default deemed mentally ill for life. Psychiatrists will make mistakes with people, and keep in mind you will rarely if ever win in court with a judge so that is a worthless option for you to go to court for. No matter how many times you tell someone you are not mentally ill, they will never believe you ever on what was a mistake bringing you to a psych ward when you weren't in a crisis of any sort. Cops absolutely make mistakes on who to send given how people in America never seem to get along in most living areas.

These patients will watch sermons on Facebook all day long, I personally cannot, nor have I ever encountered such a man or woman like that ever.

The mentally ill will never save a dime, their money always goes right to cigarettes first, the second thing is takeout.

If you can catch yourself when you are angry most of the time, the staff will never suspect you are not mentally ill

I got offended by something so minor when you think about this. I thought a staff was trying to personally offend me in some way because I had known him for over a year, and he saw me talking to the maintenance that came I believe once a week to talk to them about their jobs. The staff told me to stop talking to them about their job and now I know why.

This is what I believe, the mentally do not need medications in the public and are rarely enforced to. However, I 100% agree that all weapons are to be taken from them for life. This is very serious as we know. I seriously don't think any professional would ever argue something like this.

Yes I am saying 1/3rd of Americans may need their guns taken away from them for good…this will cause a lot of fist fights with cops and mentally ill people we already

If they keep expanding mental health issues, then what will happen is that there will be no more crime statistics, every crime will be treated as some sort of disorder.

We all know how the music industry has gotten far more vulgar, there was no song like Cardi B's "WAP" in the 2000's.

Veruca Salt of Willy Wonka is a mentally ill child, the rest of the cast I don't know so much about.

All counselors and therapists in MA are all almost booked in 2022, this will be expanding so much and the wages for these two groups will go much higher.

The patients will never ignore you no matter how many fights you have been in or what you tell them, they will just keep trying for your attention.

Anger isn't a good emotion, but it is needed. It seems odd to want to end anger as a whole, it shows you care.

The patient conversations are always about nothing, almost always sports or rappers.

A patient is too sensitive when not one person hates them and only a few people dislike them on the whole earth given who this patient and how they don't really care about politics at all. These patients have never offended one person their whole life yet are somehow convinced they are victims or hate crimes.

The psych wards cannot tell the difference between hatred and genuine frustration being there. They can forget that we are humans locked in a facility for weeks. I understand 3 days, but weeks is ugh for me at least

These services offered will hit the rich countries in the Middle East it already has partly because it sounds good, and it gives short term success of happiness. You now have someone for life I picture someone in their 30s who has gotten either slightly better, stayed the same, or got somewhat worse at most. But now the patient now believe he has a lifelong illness that he needs to address this all day long and he cannot miss 5 minutes of it. He cannot work a job because this goes on for him all day cycling counselors and group therapies. This is terrible where no one wins from a scenario like this. We have countries to run, not after school clubs, that’s what this field is. Let’s see what the results of this is in the future.

I agree completely that if someone was sectioned 3 times over the span of 6 months then yes they are mentally ill, but this is getting way out of hand where one time means for life to be medicated!

Because you are not Justin Bieber, your life is in dire need of help all day long and you need care since you are in a crisis. Ironically, Justin Bieber says he has had mental health issues.

One of the clinicians that liked me told me I didn’t have to go to a program at all after he and I hated each other for the first 2 months we had been in the psych ward working with each other. He knows group homes are for dire cases, yet they are not explained as such.

Because these patients’ expectations of life are so high, every memory was bad to them. There was no joy in their lives. Their whole lives were spent in counseling and psych wards which thankfully America is cutting down on this.

Most are involuntary at a psych ward, a worker confirmed. This tells people are either all violent or not at all for them to be there. Someone is all right and someone is all wrong here for most if not all the time.

If all you talk about is yourself, how can you say you love your family? I am not trying to criticize from this or get angry responses but why doesn’t accept this reality I don’t know. This wasn’t meant as a target, but it is confusing when they care and when they don’t if you were to ever insult their wives.

There is a day called national sunglasses day. For something you can buy that only a portion of people use.

If 10% of Americans are unable to function in society and they yell at people all day, it will fail. All it will do is rev people up and they will become miserable. If we keep arguing with each other on the internet what this will do is over time cause us to be angry as it will store up in our brains.

They don’t do anything if you get physically touched in a psych ward. Instead, they will offer you medication and therapy to try to prevent you from getting angry at that.

How can people be underdeveloped regardless of if they have two parents when they go to high school, they are literate, and they also play sports. What more do these patients need to grow up? To show how insane this is plenty of countries don’t have schooling at all because they cannot afford it, high school should have been enough even if they dropped out of the 10th grade.

We had some huge guy who was in and out of jails that claimed I was being treated badly by a patient which I was. He wanted to fight the person and he kept yelling about it. He didn’t feel that I was being treated unfairly, he just wanted to fight the guy at that cost.

They talk a lot about boundaries in the groups in a psych ward yet only a small portion abides by them in one.

You can only mention what happens in America to patients, they will not care about anything overseas even Europe except to claim to be a Bernie Sanders supporter and that Norway is the model to follow.

Someone got upset at me for being in the apartment that he shares with someone as if to say what is this guy doing in here?

They say mental illness is “all shapes and sizes”. That’s not how it works, it is all or nothing and the signs are obvious in many cases.

More people are giving up, the world did not “discover” mental illness in the last 20 years. Then the workers tell you it is generational where the numbers go up and down, that would contradict what the workers previously said and we know the numbers won’t.

Because mental illness covers depression, they put this all together. Being depressed is not a mental illness, that can be fixed in society. You cannot tell who is going through a rough phase in their life and who has actual depression where it comes and goes for little reason turned into a major problem, that’s what depression is. What also messes this up is that many people say they have trauma because they want to believe they have overcome hurdles in life. They claim something they don’t have. I do believe mild trauma exists, they may have that but that isn’t something you seek help for your whole life, your friends are there for that to talk about it from time to time.

They say the distinctions are just labels. They are not they are needed to tell what people need to improve on.

Psych wards are just playpens for grown adults. No one can dispute this given what I have shown you.

Even if you have intrusive thoughts, that doesn’t confirm you are mentally ill so they have no clue at all who is and who isn’t as example.

These patients cannot be trusted with bank accounts, their parents or group home leaders need to figure it out for them.

Psychiatrists are licensed. It is all or nothing, you cannot say one is bad and one is good, they need to all be good at their job

A patient who lives here does not ever give out cigarettes to anyone and never asks for one. Another patient criticizes him for doing this pretty much 3 times a week.

Instead of having the clinician talk about the same things with you, they need the clinicians to come with new ways to adjust in the public and what to improve. Clinicians I found them to act as if I had done nothing wrong ever.

They post all these photos of workers smiling in psych wards, that’s not at all what it is like.

The therapists and psychiatrists will always say the patients are doing the best they can.

They have to sell the medication as something that makes you happy and relieves your stress or else no one would take it. How could someone be duped by that? Wouldn’t everyone take it then?

Because the patients think everyone is equally mentally ill with lifelong illnesses, only a small portion will ever leave.

You can get in as many fights with the patients and staff, but you may not take any insult to what the psychiatrist says because they will keep you so much longer.

I know this is religious based but hear me out, there are women in Muslim countries that sleep around for thrill, they know it is wrong, but they do it anyways, yes, they may or may not stop eventually. These patients are so delusional they don’t do anything with the thought of it being right or wrong. This means they can never learn nor enjoy it really. To put this in perspective, the women in Muslim countries that sleep around, if they know they will be caught and the penalty is something like 20 years in jail, they will stop. The delusional people don’t know the penalty at all, they overlook the penalty I don’t know how.

They will over diagnose people in America to the extreme and will keep expanding mental health as far as possible.

The patient that yelled at me that you get mad all the time was unintentionally trying to protect society, yet he would say the worst things about people and would wish the worst.

Do not ever tell a mentally ill person that you understand what they are going through or that they are doing great past the mental illness, they will take offense as if you are attacking their character. I do not fabricate this. They defend it no matter what.

When I read the comments of the basketball player Terrell Terry's retirement, clearly there is no stigma because everyone in the comments rush to his defense incase someone were to insult him for it. Not one comment is insulting towards him. It did not take any courage for Terrell to talk about his anxiety disorder and I am sure he will enjoy seeking the help for life.

We are never allowed to use force to pick someone up and we are taught to never yell. That means more and more people will claim abuse because society is so sensitive when people do this. So what will happen is more sections, more seeking help, and more put towards seeking help etc.

The professionals can never prove you are suicidal or homicidal, all they see is you angry.

Psych wards are for people who need rehabilitation and haven't committed a crime., ok then what are they for? Prisons are to teach someone as well; we wouldn't need both.

People don't want to hear what the pills actually are. They are so sensitive when you tell them what the pills actually are or at best they ignore you.

Since each counselor gives contradictory advice, the patients will never leave the system, ever.

I will never understand how someone can be both incompetent to never be able to work but can be proficient at being cynical.

These patients can never identify when something is serious, yet they can call the cops on you and the cops will believe them regardless of how many times they have seen this patient. The cops somehow believe they are unbiased by doing this.

This is global because in every country, a portion of people want medications and therapists. It will only expand because it will be more accessible in the future.

I totally agree with calming these patients down and talking about sports all day with them to get rid of all political and religious talks. However, when something is serious it needs to be addressed such as violence towards other patients. I know the staff has been taught to only talk about sports ever, but they still must do it.

There was a lady jumping up and down in a psych ward excited to be there, she was a biologist who makes good money, trust me this one here is not a lie at all

Do you notice how in mental health the professionals keep trying to get rid of the “stigma”, yet they fail every year?

How can someone be deemed mentally ill if they are willing to pop a pill every hour if they have to in order to calm them down to that extent. How are they lacking morals when all they do is care about protecting themselves and others provided they have good ethics?

Take away these patient’s licenses if they have been in too many crashes being that they are mentally ill. If they have been in too many crashes they are mentally ill by default and are to be taken to a psych ward for 3 days maximum.

When the patients have roommates in psych wards, they rarely if ever argue with each other, this is odd.

A patient at a psych ward owned a truck and worked construction for 10 hours a week. I’ve never heard of this before ever.

One of the employees told me that a psych ward is like going to the doctors if your foot breaks, ok I will just be blunt with this, that is not in any way what goes on at a psych ward. What he said would be the exact opposite of what happens where people keep going back time and time again for their mental health issues. As I have stated before, it will only expand.

A 44% increase in mental health disorders amongst the youth from 2009 to 2019. This is a serious statistic.

The mental health field has their own terminology like the word “intrusive”, I never heard this word before ever. I know that could be me alone in America to think that about the word “intrusive” but there are more words that you will only hear in the mental health field

How to resolve stress, have less tasks, find a new job if need be, don’t rush to get more counseling, don’t be so busy with places you feel you must go, get off social media all day, do not keep calling your parents/sons or daughters where the conversation is just an argument, worry less about

what people think of you, kick back and don’t care about how much you make provided you have housing and food. After that who really cares? I may have stolen this from a textbook by accident, I did not mean to in any way. When I google searched it I didn’t like any of their ideas such as meditate.

The staff except for one employee who does the safety checks which rotates evenly stand behind a locked desk.

To give a visual, the patients want to be loved by everyone, talk about haters, argue all day, skip on work, and take every service possible.

A worker in the waiting room made a face of “ugh” knowing I cared about my notes, she knows how ridiculous this truly is

You can never joke with staff once ever.

Anger is not a mental illness if it is not all day long which is in rare cases because your anger proves you know right from wrong.

The staff and social media give endless motivation, the irony being these patients don’t lack it

The patients get frustrated when they don’t get their medications on time. something that is enforced, where the medications don’t fix them, and the staff must handle.

The mentally ill hate so many people and want life so easy that they are ok with being restrained all day long for getting into fist fights with mentally ill people.

Do not teach mental health to children except as a last resort. Children meaning before puberty.

A crisis can last for any amount of time but do not worry if it ever happens to you. I saw a serious case when he wanted to sleep in bed for a month. Your crisis should only last for a few days at most.

You cannot work a whole days’ worth of group therapies, no such job exists, at most 3 hours driving from one place to the next.

If all of the mentally ill didn’t shower properly, society would know immediately who was and who wasn’t.

They need to put up signs in psych wards in bold that say “never joke once!”

There is a job called “Family Partners” provided you are a parent who has mental illness or have a son or daughter with one. This means a “Family Partner” can target children.

These patients think the world revolves around them that they somehow forget right from wrong and when to be wise not to be mocked by someone so they will just tell you everything!

The word I have been told is that people want to be in the programs, what I have shown is that people thrive to be in programs and psych wards.

A lady who was an evaluator who evaluated me where I failed it said she works over 40 hours and she said it makes her go “a bit crazy.”

Rappers may keep saying bad lyrics in the hope of someone believing they are mentally ill since people don’t seem to understand their rap ideology and only professionals would understand them. Plus the rappers promote drugs.

There is almost some sort of message that mania sets in during our mid 20’s. That’s when we all grow up and we lose our ambitions. Everyone in America has looked for joy, now it has crashed for most of us, what had once made us all feel happy and special inside. This would not be mania, but it is treated as such by counselors etc.

Psychiatrists have to listen to horror story after horror story for around an hour a day with patients, this is their job.

If you talk about a subject the staff and patients will talk about it with you for hours! Both groups are the same here, yes.

The only cure to narcissism is by a person’s own choice.

A worker at a waiting unit said there was never someone so horrific that could not be helped by staff. I believe him 100% here.

Sports fanaticism is a mental illness. There was a football documentary called “the religion of sports.”

The media will always blame mental illness, completely overlooking what may have caused someone’s misery such as the job they worked or the family they had.

Mentally ill to the rest of society is the same as Communism is to Capitalism, nothing in common as I have shown.

Buddhist monks who do not eat and sit on the streets all day are seriously mentally ill. Because they claim a religion they are not deemed as such.

Calling someone a bully past age 18 is a narcissistic word.

If America goes to 60% mentally ill, then the term will have no merit at all.

No, your mental illness is not the same thing as in Syria where they have serious traumas, it is offensive to compare yourself to them.

If you keep saying “block, block” all day, that is a sign of a narcissist.

A narcissist can exploit a psych ward, let that sink in. Also, they will do anything in their name to make the local news.

If you believe there are cops that are willing to execute you, you are viewed as someone with mania and will be sectioned for it.

If we keep treating people like children with safe spaces at colleges, the people in them will become stranger and stranger each year because influencers on Twitter expand their propaganda.

Do you notice how you have to keep requesting items like shampoo from staff?

If only the mentally ill had parents that were mentally ill, they would get along so well you not even know. Yes, I am saying families are destroyed from this.

Anger for most people calms down over time, do not rush to thinking a youth is mentally ill.

Some guy in his 60’s in the waiting room was shaking his arms so bad and they let him go right home.

You can just hear under my breath “yeah” when talking about mental health. I try to be as fair as possible which you will see.

Put all gang affiliated people in psych wards that are over the age of 16 until they compromise their beliefs. We can track them thanks to social media alone, we do not need the NSA at all for this. Gang members do not get along with neighbors at all.

The world revolves around the patients. The terminology is meant to mean a negative connotation, not as a narcissistic meaning but that is what I mean that goes on in patients’ brains.

Mentally ill people get all these things wrong in life. Yet they know so much about the news and are masters at using people.

I’ve never or maybe so rare of a patient who says to me “leave me alone I don’t want to talk to you”. If they were to say that the next day they would change their mind and try to have a conversation with me. I could not spell this out better if I tried.

We had an 18-year-old who had a video camera in his room to make sure nobody stole his belongings. Yet he would have the video on all day. So, it would record him on his computer all day watching pornography which he told us daily that he watched so much of it ……… I don’t know if he was a smart enough for the nsa to purposely watch him watch porn but hey it wouldn’t shock me at all by this point. The staff did nothing about him watching porn, they didn’t tell him to stop talking about porn so much in the kitchen which he would do for hours and hours. Keep this in mind, this was a half female staff between eight staff there, do the women who work there not care for their own decency? One must wonder. The staff would know better than I would about the dangerous effects of porn for an 18-year-old that is so addicted to it how it will clearly get worse for him. I bet a psychiatrist would care even less if you told him you watch porn for 8 hours a day.

The inspectors only come once a year for one day. Before that, the staff makes sure that your place is clean for that one day.

If you were hit as a child by your parents, the mentally ill will target you in fact a group therapist in her mid-40s very smart at a psych ward said I’m sorry that it happened to you.

Isn’t it odd how the mentally ill never want to ever be bothered in some way yet they always try to talk to you whether they know you to ever bother them or not? The word for that is obviously narcissist.

Staff will always tell you how good you are doing and that it was months ago when you were “not doing so well”, like one staff tried to explain to me so well “we are here to get you to the next step” (read that one deep if you must), gosh I wonder if they do this for their own approval of their work.

A lady who checked me in that was a nurse at a psych ward who was in her 40s that had to ask if I did drugs or alcohol, I said no to both, she told me “Good job”, there clearly is a drug and alcohol problem in America of some sort. It isn’t something America can possibly downplay by this point.

If you were to try to stop someone’s political and religious beliefs because you say “I’m offended” at it, you are so narcissistic there aren’t even words that you want me to not release anything I post because you don’t agree with it entirely. This is what the left is becoming, remember, you went to me for my book. How someone like this has speech of any sort, I haven’t a clue how it isn’t limited to “hello, goodbye” and that is it.

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with it entirely. This is what the left is becoming, remember, you went to me for my book. How someone like this has speech of any sort, I haven't a clue how it isn't limited to "hello, goodbye" and that is it. Do you seriously believe you are to be the ones trusted to document everything the world does and no one else?!

If a guy or girl is to open an onlyfans account in the Middle East to post themselves on it, put them in a psych ward, block it from their computers so they cannot do it again.

If I am having a terrible day, I become "negative James!" Thanks for the assistance to that worker.

If someone is failing all of their classes because they play video games all day, put them in a psych ward for a short term probably 3 days, four times at most a year should be sufficed.

I've already explained this but to put it in detail, no matter how many 1-star reviews there are and no matter how many human rights complaints filed there are, the patients will never quit being in the field. A portion will, the majority will not. However, the workers will quit, and they already are as I have shown they always look for top dollar and keep working their way up through high college degrees to make more money for better positions. Rarely do workers settle. I've seen the happiest employees who want to work the field quit within 3 years despite how much respect they get from other employees they still quit.

In any psych ward at least in America, no psychiatrist ever wants to take anyone to court, not one instance. They want everyone in a psych ward to take the medication and leave after at most a month showing good behavior.

A psychiatrist I argued with for 4 months saw me one day running in the psych ward for a bit saying that I was in track, and I was laughing about it. He must have seriously not understood that I would doing that for a thrill, and I would stop eventually because he later told me to not urinate on the floor. He must have seriously thought I would get to a point of maniac of this for something I thought was funny. I got mad at him for this by accident. This psychiatrist is very smart too if you ever talk to him, he is more than aware that people abuse programs and welfare on purpose or go to him and say the most ridiculous things they have done solely to avoid jail to claim to be actually mentally ill. What is so funny is that he saw me 2 times later 3 years later, with exception to me purposely yelling at him telling him to take me to court that a group home lied against me that I purposely stated mind you, there was not a single issue at all. This is

despite the 4 months he kept me there for refusing medications and every day I would tease or argue with him over political beliefs. He even made a face of disagreement that yes I can skip on work my whole life if I want to when he mentioned social security to me. At the end, he acted like he had housed me at his psych ward despite me asking him five days a week to leave, not sure how that works.

There was one absolute loser at a psych ward, after a day he was yelling to get out saying “I got to get out of here!” He was in his 40s, he had all these tattoos, probably never worked a job in his life, he checked himself in voluntarily for some I don’t know what problem, but it wasn’t a mental problem. The psychiatrist came over to calm him down and said, “this place can be debilitating” and let him out that day. The patient also said, “you said you would help me with my problem”, the psychiatrist said to him “I told you I had a medication for it and I did help you”, all of this was said calmly by the psychiatrist. This is the same psychiatrist that kept me for 4 months for refusing medication and agreed with me one day that this psych ward was watching over him, one of the few things he agreed with me on. This is an example where at the very least nothing this psychiatrist doesn’t know what he’s doing at all.

The patients feel their days are too long, so they keep doing these things no matter what the cost is or how to wait for the service to come. They aren’t a risk to harm themselves or others. They just keep demanding things by way of saying awful things. The staff knows what you can and cannot have.

What the medications will do is lower your dopamine to a very low level, your body needs dopamine not only for sexual drive but also to be happy and vigorous. The medications won’t end all energy in you, but it will suppress it when it comes, and you will have barely any left in you as juice. It also makes my vision darker for some reason which I can tell.

This one guy at my program who clearly had some sort of serious trauma I had personally witnessed with him was getting down and somewhat frustrated as to why so many people are claiming to be depressed since his life has been so awful I cannot imagine. I couldn’t agree more with him that most patients’ lives are nothing like his.

These patients don’t do anything during their days, but they are so prioritized. I remember at one psych ward though it took forever to get us to go down for lunch because people were so slow to get in the line to go down.

The most the sleep medication lasts for is like 10 hours, then they are back at it, and they cannot be put back to sleep, they could potentially die from

too much of the sleep medication. This is by far the most dangerous medication they give. I've heard great things of it working from one person.

One guy who was a nurse I was laughing at him because he was in the military, and you know why I would laugh by now. But he said to me "I feel really bad for you", he must know there are serious cases. In fact, toward the end he liked me a lot. He may have thought the medications did wonders and I'm sure he's seen it personally.

It isn't that these patients cut tasks, they don't know what a task is because all they think about is themselves.

At the crisis center, a nurse handles all medications during all times of the day except for overnight, it must be expensive to run that place!

The patients have zero reason for why they have these illnesses. They may claim trauma, but they are 100% wrong. For instance, some guy in a psych ward walked all day and he told me he was getting to it as a bad thing. He said he had years where he just worked his job and went right home where he wouldn't do anything but work and go right home, as if that would be an illness mind you.

To the psychiatrists and counselors, you can act like you know the brain and how to correct someone but all you are doing is locking someone in the mentally health culture for life for them to figure out.

Dreadbehemoth on TikTok made a phenomenal video that I couldn't agree more with where he said he will not tolerate bad behavior and he will work with anyone to try to correct their bad behavior and that it is never acceptable. He is a licensed therapist and a great one to recognize this….. But keep in mind how difficult this is to have good behavior at a psych ward that you are at for more than 3 days.

Under rare circumstances is a teenager mentally ill. Their brain is not developed yet, and they have not learned yet about do not steal from a store for thrill. A 28-year-old who does an action as such without realizing what they've done is clearly mentally ill.

For a lot of people, all psych wards are is rehab for people, they know they are not going to get better, but they want to take a break from drugs and alcohol where the psych wards let these patients. The irony here is that the psych wards are supposed to correct these patients' behavior, send the patients to rehab then for them to stay longer since rehab is only 3 days maximum (would have to confirm but I'm confident on that). There are plenty of instances where the psychiatrists do so bad with the patients and it's like a buddy conversation between the patient and the psychiatrist

where they both get along as if they are friends in real life. I’ve seen it, no I am not making this one up.

The last resort which I support, and think is a necessity which “works” is to give someone what is called a “caretaker” which some lady at a psych ward I met needed one and had one. I don’t know if it lasts their whole life I think it does (I sure hope so). This would be absolute needed for someone whose brain is what I call “fried” and cannot be trusted pretty much anywhere in the public. Where psych wards keep letting this person out and they need to be locked in a room all day with the essentials and a TV but probably not the internet. I don’t know how they would get fresh air daily and they can smoke but the house would have to be set up in such a way to allow this while somehow disguising it in the public.

Read this, when people tease in society or wish them harm in some way, we the public do not know when someone is just trying to assist us in some way. This happens when something is brought up that is serious or heck even minor to get the person to understand what not to do around someone. This is how corporation work environments will collapse where we don’t trust someone’s intent. This includes the psych wards.

In mentally ill people’s mind not all but 80% I wager, they are so special that if they do not get the staffs time the most, then the world will end. They use their mental health as an excuse. If a mentally person feels this way, check them into a psych ward where they can get 24/7 care where it is all about them. Don’t put them in a group home, they are not ready yet to be told “no, it’s time for me to go home”. Keep in mind, they will never get the staffs number after the program, so it must be at the program to get their attention meaning the patients could be friends afterwards with the staff where having the staff as friends would certainly help the patients, yet they won’t do this because every minute has to be about them. They find a way around what is not a policy but is more so common courtesy. Plus, they can find new people to use elsewhere, why have them as friends yet having talked to the staff for 3 hours a day 5 days a week. If this isn’t narcissism, then what is?

What I think happened to many of these patients is that they didn’t want to age, so they found ways to make the world revolve around them at any cost that way they wouldn’t age. Having a guy who is 36 and it is hitting on the 22-year-old nursing interns in front of everyone. Having him yell at me on purpose for things he’s not angry over and then tell me that “we are like brothers”. Or like the one guy who knew every single rapper’s detail about their personal life. All they must do is claim to be sad inside for an infinite amount of attention. They will even tell you that they are the heroes of the

earth in some way. Believe me, it is scary to share a psych ward against your will with people like this who do and say the strangest things the mind cannot possibly imagine.

I haven't spelled this out yet, the mental health field has no stigma! Not only is it expanding rapidly, but the professionals are also able to hide all of this from the public when the patients feel like it. My question is to the professionals pushing it, what more do you want? The professionals want it their way, yet they blame the public for this for not doing exactly as they say where monopolize how you feel towards the field as if you are some sort of person who is so far over their head they don't make sense to anyone.

Smoking is not meant for someone to escape their whole life as if they saw something so traumatic and had to smoke a pack as quick as possible immediately. I know smoking is not an issue for the patients at all, but not one professional takes issue with this at all even if you told them you smoked 2 and a half packs a day, all of the professionals will not help one person with their obvious addiction here in any way. Look at the 1960s, smoking was for recreational for having a good time. For the patients, it has to be a cigarette; it cannot be an e cigarette or a vape. This is when people took offense to the tobacco industry for not warning of the health risks such as cancer, what about the misuse of cigarettes warning label?! This is an example how cigarettes are addictive I agree, but the mentally ill patients want cigarettes to be as addictive as possible since I believe they get a high out of being addicted to cigarettes for some reason. The first thing mentally ill patients want is smoking cigarettes above takeout, cannabis, heavy drugs, and alcohol. What I am trying to say, they are abusing cigarettes and the social security is set in such a way to where they will have enough money for a pack a day no matter what amount the social security is set at.

The guy who truly could not make it through the day and was a wreck, this was the guy who questioned if people were depressed or not. This guy knew a job would be beneficial for him, but he cannot hold it together to work. He is in no way lazy; he has to hold himself back from something he would enjoy doing where he could be around like-minded people. For some reason, everyone is put in the same class as him where they claim to have "depression".

The medications for me at least caused me serious sleep issues where I would wake up 4 times in the middle of the night even 5 minutes after I fell asleep. It took hours to fall back to sleep. I was having such bad insomnia for 4 months where I could only get 3 hours a night. I thought I had traumas and that is what kept me up, but in reality my sleep is now at least 6 hours a night which is perfect for a 29-year-old. Someone even told me people get

sleep issues by age 32 it is so common, clearly I don't have this. I don't know if long term the medications finally stop ruining your sleep, but I do know that this was over 3 years of terrible sleep which would tell me that it probably lasts for life where you have a sleep disorder. If you are only getting 3 hours of sleep like one guy is who is mentally ill, that is awful to do to a mentally ill person who needs the sleep where they may need to shorter their days by as much as possible. Oddly enough, there are people who take medications and sleep for up to 11 hours, so it either does awful or "fantastic" results for sleep. What people not just mentally ill people do is they take sleep medication. 1/3rd of elderly does in fact, but it says only 5% take it of any other age group. The medication causes sleep disorder, and then people take sleep medications I hear that it fails after a while. When people take the sleep medications, they take it for life. Yes, the medications have caused this!

They do not teach in the high schools to not walk towards the cops ever and to always keep your distance. They do not teach to never take leadership with the cops, nor debate because this will concern the cops seriously given how all cops are concerned for America and their safety.

No matter what the traumas you have, you can still read books. No number of traumas can ever prevent this, at worst you will get frustrated easily with handling paperwork that you have to read but a book you want to read that calms you down will never cause this. This is a great thing!

One of the workers who has a four-year degree said people change from year to year so if you see them so bad one year it may just be a phase they are going through and they may just have to recover, so basically never worry at all for someone. Whoever taught this to her at a college, just quit, you cannot work this field ever. This is a lie. If you see someone so bad, so sick, they are only 26 years old, you've known him for over a year, you give up on the guy. These professionals will tell you "He will find the right psychiatrist and medications." This couldn't be falser; he's looking for a psychiatrist that will adjust his life so he can do what he always wants while bringing you down where everything he says and does is sick. He's using the psychiatrist for his gain alone so everything he does becomes legal in some way when he does these things, so the cops never talk to him again. He wants everything his way that he cannot possibly achieve, yet the psychiatrists will give him a false sense of belief for him since he is their client. His record got even worse after meeting with you for years. Yet you will never take accountability for him as a psychiatrist? It makes me wonder who is sicker him or the psychiatrist. At least he doesn't make a fortune off this.

One of the female workers at a psych ward who was so friendly she was 24, she loved watching movies all day, someone told me where this is pretty much a fact, she told people there that she cries herself to sleep every night. This girl is a radical for peace, she’s accepted her own suffering. Where is the psych ward to tell her, “Hey we cannot have you work here”? Why would anyone do this to themselves?!

One of the staff admitted that at one point it becomes too much where they do not think someone can have a job of any sort being in let’s say 20 times of being at psych wards throughout their life. I did exaggerate with him and say 50 times, but I am sure his number is lower than that. This is the one staff who never gives up on anyone.

One thing that I am sure the psychiatrists warn of is to avoid at all costs is so much excessiveness on one hobby such as baseball. So, if all a person likes is baseball where that is all they think about, you would have to give them something new such as listening to local radio for news. This is what is happening where people’s “teams” such as baseball, or sports radio, attractive women, guns, conspiracy theories, what this could be doing is causing someone’s brain to forget reality. This means their team must always be defended at all costs, what the teams do is play into it thinking the fans love it by hating the Yankees for the Red Sox’s. Someone may be 18, and they really believe that their videogaming is the best thing ever that must be spread worldwide, this makes an 18-year-old forget starting a family, making it far in life, and having any friends etc.

You look very (exaggerated) crazy to fight a decision a psychiatrist made about you instead of accepting the ruling. So, if the psychiatrist got it wrong, you would always lose. Even if you got the decision reversed later somehow, the public will never believe that the psychiatrist got you wrong, all they see is you angry when you talk about it. When you are angry in society, you look wrong for this instance and for most. Compare this to jail, if you are in jail for a crime you didn’t commit, you can sue for the government for taking time out of your life. Also, you get all this support from the public, you may even get an apology from the police department. Proving these two couldn’t be more opposite.

Because the staff is so worried you or any mentally ill person will snap at them in some way for the slightest things they tell you that you are doing wrong being that you are mentally ill, if ever you do something wrong such as stand on top of a bench outside they will tell you “please do not do that, I am sorry I had to tell you”, also I have heard “I appreciate that you are sitting on top of the bench but I would please like it if you got off of it”. This means they cannot teach you anything. The last thing they ever want to do

is offend you since their charter says to keep catering to what you do. Well, you can't end this stigma that goes on here by the staff. Finally, mentally ill people as I have shown need discipline which they will never get!

They call something an "auditory hallucination" which means you would have schizophrenia for life. So, let's say you heard a noise that traumatized you in some way and it came back as a memory, this means they will call it the wrong name for what you have for something that had only happened over a few hours one day maybe for life because you were having such a terrible day. I don't know how often this is used on something but think of how ridiculous this one example is that will lock someone in for life. Can they use this on someone who plays the same song all day and they tell their parents they keep hearing this same song played in their heads all day long since they played the same song so much over a short span of time? I wonder this, man would this be terrible if so.

5 out of 7 autistic adults I had met I could not tolerate no matter how hard I tried where they were so cynical you not even know. Yet when you type in autistic person all you see in google images are images of innocent people, not one possibly looks cynical in any way. The other two out of five were very down to earth and very easy to get along with though one did something very dangerous with a knife at a group home against someone he was very angry at. One of them you have to stay away from because he is hyper, he will jump up and down. This autistic guy did one thing where I was exiting a chair to a group home, he got so close to me exiting it I almost fell from him potentially bumping into me as I was exiting the chair. 6 out of the 7 were educated enough to graduate high school, yet for some reason they are put in the same class as someone with autism who need to be watched 24/7 whereas these autistic people do not need serious care to cook, shower, and clean etc. How? For mild autism, there is a good amount of hope for them to function in the public but for anything past that, there is no chance for a recovery whatsoever.

Think about this, you work no job, yet you never go out to party at nights doing drugs. The only thing you request is takeout and cigarettes. This shows you don't want any friends and you want your own fantasy of some kind to claim that no joy is found there but joy can be found in cigarettes and takeout as if it is a guaranteed success.

The psychiatrist will tell patients which my roommate told me that he was told by a clinician that he spends too much time in his room, this is the worst advice ever from a paid professional given how violent and vulgar the psych ward was always! They always expect perfect behavior from you to get out, no I am not making this up.

One thing that I approve of overwhelmingly and I support is how the mental health field works with people who "hear voices", I have heard from people mixed results of doing so little and doing amazing for the patients but more so bad of them not doing much at all. I am glad for the fact that the professionals are trying their best to provide medication to prevent something both serious and tragic for a patient who no doubt is a "victim" of some kind. My neighbor who is in the apartment upstairs over me, it is clear that she hears voices so bad, the medications work so well for her but when I first moved in, she would talk for over 6 hours of yelling so loudly it was terrible to even be around. She talked so much that it makes anyone think that she has two other people that are fighting with her in her apartment.

All patients want to do in fact maybe most of humanity is to compete for happiness that may be their first goal in life, yet every professional believes there is a solution to this, instead of telling a patient there are caps to life.

Let's say you were a counselor, and you were firm with patients all day long, what this would do is ware on you so much. It isn't even possible for anyone to do without having serious family issues when they go home to their families and as I have shown, only a portion really of the patients will listen where you try your best to get them to grow up.

They will never tell someone to "be like us, we are happy and successful in life." What the professionals always say, "we want you to reach your goals in life whatever that may be", completely overlooking someone's poor ideas and the misery it is causing them. The professionals do not believe an ideology ever causes serious misery on someone such as someone with too much hatred towards conservatives. What the professionals try to do is keep trying to make sense of the poor ideas they have and find ways around the misery it is causing someone instead of telling it for what it is to a patient.

If you take my word, this is not an ambitious field. You could be successful and really enjoy your job being a licensed counselor. However, being a peer support making $17 an hour probably is not worth entering into given the conversations you will be having and how you will get frustrated when for most no progress is made at all with patients.

All they give in psychology when it comes to mental health issues are guesses. Here's a way of understanding this. You have a day when you go home and crash in bed all day after working 5 days a week at a stressful job. Oh, you must be bipolar then since one day you are happy one day you want to spend all day in bed and one day you are happy so that must mean you are bipolar since that is a symptom. It can't just be result of your

environment, it is because of a “brain chemistry” problem that’s what the professionals will tell you.

The psychologist’s standpoint is that you are responsible for anything you do not matter what the schools, media parents, books on ethics, psych wards, medications. I couldn’t disagree more with this view. Someone in some higher profession needs to take the blame, not someone who is doing everything can and then some.

This is what I think will happen, in the future if you are opinionated and passionate for what you believe be it politics or religion, your friends, family, coworkers are going to think you need help of some sort or at least medication, remember that the news keep boosting this material up.

A psychiatrist or counselor could say “I want more education so I will continue past 10 years of college, I could do better for my patients and make more money with more education to attract a new audience, potentially I can invent a new method or theory on how to better mental health in society”. So, psychology never ends! I highly doubt you could do this with business after 10 years of schooling. What will happen too is that the psychiatrists will get confused about what to do with new methods and new learning skills on how the brain functions!

The patients don’t regret anything they have ever done in their lives, they just use the stories to tell others to talk about how far they have come in life with their mental health journey. They will tell you all day about anything they have done in their past no matter how bad it is.

They will tell you the medication solves all problems, no. What I am trying to say here is the medication is to calm you down so you cannot get so angry where your anger is suppressed making incapable for you to get so angry. The therapy is meant to give you the rational you desperately need on top of calming yourself down since you need both so badly, this would be an error being taught to the patients.

One of the staff told me that they are taught not to step in if someone trying to kill themselves indirectly. For example, a patient told me to never mix Invega the drug with alcohol saying it will kill me and it almost killed him when he did it. 5 months later, this patient would drink 4 times a week and the face he made between the medications and alcohol would give you a vibe that something is seriously wrong with him. I was so concerned he would die, I told him “Keep your head in the game *name* I don’t want you harmed in anyway you’re a good guy”, he would not listen to me no matter what. Even if the staff were to call the ambulance for him, when he gets out in three days, he will do it again within a three-day span. I agree fully with

the staff that when a patient wants to die, there is nothing anyone can possibly do, I don't blame them at all for not stepping in but it is noteworthy they have to watch this daily while attempting to watch over him to make sure he's safe with for instance in the apartment by doing "daily check ins" with him.

How is any of this healthy for someone who is mentally ill where all they do is sit in bed with exception to at most 4 hours a day like I had seen? Or they could watch TV all day like I had seen at some psych wards. When you go back out in public, you cannot do that, you have to work to pay bills. Do mentally ill people seriously think that by lying in bed for most of the day, that is helping them recover from their sadness, seriously?

A worker who has a 4-year degree in psychology who is a huge Packer's fan told me he can only go 40 minutes talking about the Packers with someone a day. Imagine how difficult some days must be to keep changing the subject, ending the conversation with someone who only wants to talk Packers for 3 hours a day at a group home with him because the patient enjoys it, and the patient knows this employee doesn't want to talk all day about it but the patient only thinks of themselves and figures that the employee got 40 good minutes out of the 3 hour long conversation. The patient meanwhile enjoyed the entire 3-hour long conversation, that's how their brain functions where they can enjoy something past 40 minutes.

The therapist does not believe anyone can truly be broken. I'm not sure if I agree or disagree.

A psychiatrist is only there to talk about medications, your symptoms, and side effects. The sessions are 15 minutes long. A patient needs to have the sessions or else they will cancel the pill orders, so they "regulate" them. Each sessions costs $200 dollars and it is covered by insurance. What a waste.

You receive 30-60 pills per package. Most take morning and night meaning 2 a day possibly 4, or 6 a day. A psychiatrist will fill an order for 3 months' worth of pills, and you pick them up all at once. The pills cost from $40 to $100 dollars for 14 pills. This means it costs anywhere from $1,920 to $4,800 a year for 2 pills a day. Remember too, this is the absolute minimum cost if someone is taking more antipsychotics.

If you truly believe your time is worth so much money and for instance someone ahead of you in a line at Dunkin Donuts is taking 2 seconds too long, you will get angry every time because you view everyone but yourself as wasting your time. There must be book after book on this material about

how people become the biggest jerks ever, they aren't "sick" but nobody likes them at all.

I used to think people became radicalized by choice, I did not understand that I think in 85% of the instances, it is purely by accident through no fault of the person at all where the person isn't "stupid" and wants to join something to be viewed as "tough" or to get revenge on someone they didn't like so for instance they joined the conservative party to trash a friend they had were both them and their friend were die hard democrats yet the friend stole $500 dollars in wages from him, so this is what he did to insult his friend all day and now he's become this huge conservative internet figure on TikTok that he himself cannot recognize and he sends serious messages to democrats off of what was so small since the conservatives built him up and loved his story where the rid the reason why he did it not that the public would even care about his reason for becoming conservative.

This is what I despise about people who claim depression, what they want out of life, nobody can offer you! They will always have this false sense of hope to try new medications and new therapists where they never give up. At what point do they stop and try to be a new person since what they do has failed them every single time! They will not stop listening to rap all day. If life has no joy, fine. However, don't act like there is a solution and people must serve you or else they have failed you when you know that what you are doing will never work where even the staff knows that you want to talk Packers all day with them, and they cannot do that for you. There isn't a word for just how miserable someone like this is to think the world must serve them at all financial and stress on workers at psych wards and then they think what they are doing is heroic to be admitting a mental illness where they themselves try to invent the cure in some way.

All Mac Miller liked was drugs and escaping. He did not care about his music at all, every video is him high on something in it. Yet he will lie to you and talk about how special the music is and how great the fame is. In his music, a fan of his told me how miserable Mac Miller was, I thought Mac was doing that for the youth to relate to him, not in this case. Mac must have been so miserable he put it in his music maybe not understanding that people will pick up on this. When he does this, all the other music makes him miserable to have to produce meaning only the fans can enjoy it provided they do not do drugs for more than 2 days a week and work a job. Mac's life did not work for him, yet his fans look up to him like a hero of some kind because the music is so special to them they will protect him from ever getting insulted where they will friend numbers if they insult Mac.

They had a sign up that says no weapons and a metal detector in a group therapy I went to in Worcester once.

Why would you need a masters to become a therapist if you have already read all the books and can pass the test? Does this make sense to you? You don’t need a license you can read the books and learn “mental illness” how to diagnose! They are no more qualified than you, it is not hard to understand! A psychiatrist even told me I could be a mentally ill psychiatrist.

This isn’t a compliant at all nor does the staff mind, but they have these small cups for water. I needed I think 12 cups of water throughout 4 P.M. to 11 P.M. There is no refill machine and now at the psych wards you have to request water every time from the desk staff. In the waiting room, at some point when you are trusted you just tell them you have to go to the bathroom, and they will just let you go without walking there with you to make sure you don’t leave the psych ward.

I never thought in a million years that someone who is so miserable but loves fast food and has in the past for years ate 6 times a day spread out at over $35 a day to try not to be miserable, would just give it up and eat 2 meals a day they cook. Meaning, they have given up on what brings them joy since the joy only lasts for so long it isn’t even worth it where it has nothing to do with the cost. Because of this fact alone, they went from over 300 pounds at 5’11 height to 165 pounds at 5’11 height. This means he no longer loves the fast food anymore maybe one meal a week of McDonalds he very much enjoys and that’s it maybe it is a reminder for him. This means there was no motivating factor for him quitting yet he may tell the public to cheer them up that you too can lose the weight which isn’t so much a lie on his part but just hiding the truth that this is the way he lost the weight, this is a humble not truth on his part.

If you are a psychiatrist and you saw someone who had to go to the emergency room, you could just release a guy who did too much lean and near fainted or had fainted, yet they send the patients to psych wards to be deemed mentally ill for life wasting all this time and money where the doctors clearly know the guy just went overboard and you wasted 3 days of his life at a psych ward. Don’t tell a guy like this that what he did was a suicidal attempt when you clearly know it is not because you want to convince him never to do lean again in his life. Maybe a guy like that would just learn on his own yet this stuff I am sure of this that happens so many times in America where now a guy who did lean a good number of times where he finally fainted from it, the professionals want it deemed mental illness what had happened to him. The irony here is that doing drugs does

not mean you are mentally ill no matter the drug, they already have enough people claiming a mental illness in America. The professional just showed me the answer is yes by giving a guy like this diagnosis for life. Since they are deemed mentally ill for doing drugs, what does that say about the government where they clearly are deeming their own citizens mentally ill on purpose given the very high rate of drugs there are in society where anyone can get drugs at any time making a friend with someone?

Taxpayers have to pay welfare to keep people away from society and give them TVs to watch shows all day, however, what these patients are now doing which they enjoy by far the most is to go on social media and type horrific things about you all day as “activists”, now they go to all of these rallies. That’s where your money goes taxpayers and not these patients will not just quit welfare over a 3-year span of collecting it, they claim an “anxiety disorder” that prevents them from talking to people that they do not know well enough, yet this anxiety does not prevent against sending messages, having Twitch to only try to bring people down nor does it prevent them from going to group homes their whole lives with people who they barely know and are mentally ill as well.

Back in 2012, a study was done where 37% of Democrats collected welfare, 30% of Republicans collected welfare, 28% of Independents collected welfare that is how it is split. Yet ironically, the democrats are viewed as the ones who are responsible for all of the voters being on welfare. The republican party to this day will lie to you and say that their policies have proven to work all the time and people won’t collect welfare that only like 3% of people who collect welfare vote republican. This is a lie that the media tries. This means the republican party are such frauds because all of their supporters hate having people on welfare, but will gladly pay welfare under the lie that people get off of it as studies would show to them if they are republican. What really happens is that people like their party so much, they have nothing wrong with paying welfare provided you vote for them, yet they hate welfare but because they hate democrats so much, they will gladly take your support if you are on welfare for life. The republicans will get mad when the statistics are shown to them the amount of people on welfare that vote republican, as if they have that right. Mitt Romney in a leaked video back in 2012 that wild viral even said that all people on welfare vote democrat that’s why Barack Obama wins, Mitt said he must appeal to the good people who are independent who are hardworking who would never take the welfare since the only people on welfare are Barack Obama voters. The hypocrisy from republican voters and their leaders here since Mitt Romney won’t apologize for this gaff ever.

After what I have shown about patients' behaviors, the government should step in at least in America probably Europe too that people who collect welfare, not for 3 years where they have nowhere to live or if they are disabled for a few years since there always is work of some kind, these patients should NOT have custody of children ever. I have to say first that I support people collecting welfare and working 28 hours a week, there is nothing wrong with that at all, that's still a person with good values where they may need the welfare especially given how bad the economy is where they can never work their way up. Their children need leaders' actual parents versus the schools teaching them every skill to life, not have people as parents who only care for themselves as I have shown. Yet the government never will step in.

To the lady who lectured me saying "you do not tell someone they don't have a mental illness" I would never tell you that again.

I remember enjoying transporter 2 when I was a teen, what I have learned from psychology years later is that no one can possibly live a life like that. Your life would be far too hectic, what may seem amazing at first that no one would possibly believe and would envy would be your downfall. You would freak out so many times and be angry over the slightest things. If one car chase happened, that would not be a big deal at all, that would not do much damage to your mental health and over time, you would recover somewhat quick maybe in a week. People who watch movies like these and try drag racing a lot provided they don't die from it where they quit because it is too much stress for them to handle doing drag race after drag race, I give you a round of applause for learning instead of crashing your car and learning that way!

Someone who goes to many orgies or have had many prostitutes in the past, is you guess it, mentally ill. This can cause a person an STD, that is an attempt at suicide since an STD can kill someone.

All the patients who do orgies so frequent (not particularly the ones who have sex with prostitutes exclude that), they are so sick I know all of them do this not for sexual gratification, they do this because they get these thoughts in their minds which can only be achieved through the sickest orgies possible. Their minds are out of control, when they do this it is the equivalent of torturing an animal, these sick people found a legal way to get the same thoughts that would come from doing such an action. Yet they will play so innocent and lie claiming to be a sex addict when caught or will say that it is legal and that is their freedom in America. These sick people who do this know that it is completely legal to do, for them to lie much take such a nerve for them to do that after they get caught so many times, then they

make up a story. Or heck, I have seen them go on radio shows and talk about what a great time they have while hiding what they really have orgies for. With orgies, the sick people who go to them always find new people to have orgies with, it’s never the same group of people twice ever. The same would apply to a brothel, people go to get sick thoughts. Look at the drugs they do with these orgies, it is not for thrill or to escape like they will try to mislead you to believe.

Sick patients to try to get under your skin will ask you all day “are you struggling”, when you respond with “we all are sir”, the patients asking you this ignore it entirely. Given the fact that autistic people are in psych wards, that sounds like inciting violence to me, yet these sick patients will be shielded their whole lives they know how to avoid jail every time.

At one of the psych wards, it was freezing cold in the rooms and the building overall was cold this was during the winter. I don’t know why they didn’t bother to fix or turn on the heaters.

The psychiatrist can’t just say your anger is justified and you are not mentally ill, they can mess up so many evaluations. I think it’s rare they mess it up if someone goes there for a fight or the cops send the person. However, I think many people who claim mental illness don’t actually have one probably 5% of the 25% of society.

In psychology they believe that it is up to the patient to want to function in society and want a better future, start turning most patients away that check themselves into psych wards as I have shown the little results that come from psych wards. These patients have gone over 3 times to psych wards in their lives where many of them started at 18 I am sure and by 25 they are now going at least 3 times a year! These patients have shown that they do NOT want to function in society nor want a better future, they go to enjoy their stay at a psych ward. However, if I am correct if someone is responsible for their patient’s inability to get better, then yes keep checking them in that’s the way I see it where a patient cannot be denied since the psychiatrist can work with someone like such regardless of if they have already gone ten times in their lives. What is going on here is that psych wards have become short term housing for people over 18. Massachusetts got so smart to try their best to cut down on this given the process of the ambulance coming, being checked in, staying in the waiting room for three days etc. I know for a fact please do not argue this that the clinicians and psychiatrists given the look I saw from a clinician seriously didn’t want to send me to a state psych ward. I really credit Massachusetts effort here. Massachusetts already knows more and more people will be going to psych wards where covid did not need to happen to cause this. This is because

mental health has gone beyond viral on TikTok for the youth below 18, they will be attracted to psych wards and group homes. What these youth want so badly is medication for life at a very young age, so hurry the youth up, give them the pills they want, and let them out in three days needed to make sure the medications do not seriously harm them. I stayed at a psych ward for 4 months, I saw a psychiatrist do this with many patients where I was in the over 18 unit.

I think I have said this so many times, but yes the worst thing you can do past anything is to criticize the staff even if you think it is constructive. For example, if someone acts up and then a psychiatrist lets the guy leave and you disagree with his decision, if you criticize the psychiatrist, he will get very angry at this and will keep you longer since he believes you are telling him he doesn't know what he is doing, and you apparently know more than him. Even casually bringing this up to claim you belong to get out if a patient got out that you felt had far worse behavior than you, the psychiatrist will be so angry with this, he won't even laugh at you because he knows you are well educated.

The psychiatrist will always know if you are lying claiming you will take the medications in public once you get out. The best thing you can do is try to convince him you never needed to be there in the first place or that the medications calmed you down and every time you go to a psych ward if in the future, you will be calmed down. This is only achieved though compliance, nothing else. Telling the psychiatrist he does a great job, he will think you want to get out and you are trying to persuade him for your way out. The best advice I can possibly give is to talk sports, and then ask about speech advice and that you listen to, and he knows that you want to learn from. The psychiatrist will talk about the medications and how it works for you, just say "thanks, yes it does very well".

As I have said in the past, psychiatric pills such as Risperidone, antidepressants such as Zoloft are a last resort. Look at all the work you have to do to get these pills. You will wait 25 days to meet with a psychiatrist or you could check into a psych ward they will not turn you away from. I think in the waiting room you can get a prescription for the pills, but don't take my word for that and the psychiatrist you meet with may tell you that you must go for three days to a psych ward to monitor the side effects from the medications in fact I am 85% sure they will tell anyone this. If the psychiatrist were to give you the pills you are looking for, I am 45% sure they may say "no I will not prescribe this pill (the one you want is Risperidone), use the more effective pill of (Invega), it has been proven so effective", meaning you had wasted your time.

Most people in society will talk about their mental illness and what medications they take though some vary where they will get mad if you ever bring up what medications they take. You know me too well that I keep this material private about my psych ward visits or at least I don’t seem to want to talk about it much at all. Yet most people who are mentally ill in public would gladly enjoy a conversation of the medications they are on and what their mental illness is. Just look at TikTok if you do not believe me.

Given what goes on in the world today, how can any psychiatrist seriously tell if someone is paranoid of for instance gangs or political party neighbors that they know hate them verses that a person is just being defensive and wants to protect themselves? When it is brought up, every time the person will get mad in some way talking about it making them seem wrong every time. I know a psychiatrist will take offensive to reading this claiming there is a method that works most if not all of the time, yet I do not care for their opinion on this. If we have to disagree over this, fine. I will give you an example, at the crisis house I was at, one of the patients that was living there clearly wanted to fight two 14-year old’s one of which I think was a girl, the patient was 23-year-old I think, and he was a male. Because of the world will live in, you would have to instill in a 14-year old’s minds to call the cops immediately and because mentally ill people are never allowed their information to get out, the two 14-year old’s will have to know for sure to call the cops on him every time for him to go to a psych ward that he doesn’t mind going to at all. The patient will argue every time when the cops come that the two 14-year old’s were responsible for almost starting a fight with him, heck I knew the guy for over a year and can confirm this for you. If you put any doubt in a 14-year old’s mind of doing the right thing in society, shame on you not saying you will do this as a psychiatrist, but the 14-year-old better understand mental illness and that yes there are patients like that out in the public.

If you ever criticize what a woman wears where you believe it is too revealing in the workplace such as schools, you will be looked at as if you want to have sex with her that you are looking at her despite her being dressed this way where you think she wants you to notice what she wears as anyone being the equivalent of someone who wears a shirt that as some words on it that is meant to be funny such as “I do all my own stunts” with a picture on it of a stickman doing a stunt. Because society thinks you want to have sex with her given how hyper sexualized society is, they will never think you are shaming a woman to get her to stop dressing that way no matter what you show her such as studies done against women wearing material as such. No matter how this woman may know you, it does not

matter, this will be the result every time. Whatever a woman wears in the workplace, you must accept it every time.

Everything the 64-year-old mentally ill man talks about is always serious! It is about people's deaths through crashes, the Ukraine war, the police needing to be protected, psych ward visits from 20 years ago, or even with baseball he will talk about racism with Jackie Robinson. I wonder how this patient always gets worked up all the time throughout the day.

If at such a high rate of people use sex to cope, why ever have sex? Why be bullied in high school for not having sex? Does this make sense to any professional? This would clearly be in your best interest to never have sex, ever! I am not calling people "dumb" for having sex to cope, but why isn't society acknowledging this fact instead of having all these social media figures that get so much attention for talking about sex as much as possible?!

If someone has dual diagnosis which means they have both a mental illness and a drug and alcohol problem, that is concerning given what I have shown you from patient's behavior. Another thing, it doesn't go past dual diagnosis for someone ever so there isn't triple, and quadruple diagnosis as example as such of promiscuity, not understanding boundaries, being aggressive etc. where some patient would need a title like this.

If Robin Williams was having 8 hours of counseling a day, that must have stressed him out so much I cannot imagine where the most I would think someone could do is an hour and thirty minutes a day. Celebrities who think counseling is a good idea and they do it to become a better person, celebrities have other things they can be doing.

Sleep does work well for construction workers who work hard labor all day and I am sure it feels great to go to bed like that every night. It does not work well for people who are stressed out all day that work jobs where they have to keep working with people talking about serious subjects all day long in fact, they miss many hours of sleep from this. That's how sleep works.

When you are taking medication, it really is 50-50 whether the nurse will ask you to show your tongue when you took the pills making sure you took them, it varies each nurse at the psych ward. The nurses will not fight it if you just walk away after taking the pills, but they make it sound mandatory at you are at their nurses' station, so it is somewhat difficult to just walk away, sometimes they expected it from me. You can just guess if I enjoyed doing this or not.

They call it "judging" when you constructively criticize someone for instance if someone constantly sits next to you, spits the whole time while

smoking when you have asked them over 25 times throughout 25 days to stop and all they say is “sorry” and then do it again an hour later. All I did was ask this patient to stop, if I was judging him I could insult so much about him you not even know. This means progress will never be made in the mental health field since all I am doing is just bringing down my fellow mentally ill patient neighbor. What makes this guy so unbearable too, I bet if there was a park 5 minutes down the road that I went to, he would walk to it to sit next to me to spit next to me. If he asked you to stop doing something, he is known to raise his voice and yell but then say sorry for yelling, yet he will do it the next day if you do it again, that shows me it never bothered him in the first place to yell again the next day. Who would want to be around a person like this ever?

One thing that is consistent about the mental health field is that whether they push you through it or not or they section you for no reason at all since you will hear all of these different opinions from professionals in the field or they will force you to do something you clearly don’t want to do, it will still cost a fortune for taxpayers that we don’t know by this point if Massachusetts or not whoever runs Massachusetts hides it so well when they do this field.

I know the psych wards will turn you away every time if you were to seriously try this, check yourself in voluntarily as much as you can. Claim that you cannot own a gun because you went to one psych ward in your life, so you want to keep yourself as safe as possible. This is a textbook example of throwing stones back at society.

I clearly remember they brought in a guy who was in his 40s or 50s, he would call all day for the two days he was there and would say, “I want to go to Natick (psych ward)”. He talked about it so much with anyone there and on his phone calls it was some girl he loved I think in her 30’s, he wanted to get the best help he felt possible very badly. First, he tried fighting a guy who clearly had autism where he thought the guy in his 50’s was talking serious trash about him when the autistic guy you couldn’t understand a word he said. Second and by far worst of all, I heard the story of how this guy grabbed a woman’s breasts who was 27 in a good physical shape on the elevator up, he must have had not a care in the world when the staff found out since he would always smile and say “I’m just joking” to anything he did. I don’t know how he made it that far in life without going to jail and if he did he probably only spent like 3 years at most his whole life. They took this guy to a detention psych ward immediately afterwards. Just so you know, I didn’t see it, but I clearly heard the story afterwards, I know it is a fact because he left immediately. The professionals must know

we cannot have a guy like this here at a psych ward ever if this went public, to which I will try to make it public.

I am 100% convinced that was once a serious punishment for people where they had to stay for years and years at psych wards for something horrible they committed back in 2002, this is now become a serious problem they cannot fix where most everyone wants to go to psych wards for some reason. If they are shortening visits as short as possible and they keep taking you back if you mess up at the group homes, they are telling the public “We have no solution to this” to some high extent. Remember, people will fight harder and harder for their happiness that is being pushed so hard through social media where they know that if takes 10 different psych wards and years of therapy, they will do what they feel needs to be done at all costs no matter how many years it takes them provided it is not 20 but in their minds they think it will take 8 years at most which they are more than willing to do for their happiness.

I was seriously convinced my whole life people had to be forced on medications and they would fight the staff all day long if ever in them where they will fight the staff and fend them off if they have to. What goes on in a psych ward as I have shown, psych wards are the exact opposite. Who knew being 95% wrong where you have to admit you are wrong where this would be so beneficial to your enjoyment?

America cannot have a draft nor mandate military training for its citizens. If you have stripped me all rights of owning firearms, you are telling me you do not need me to fight in a war for you ever and also, I would be wasting everyone’s time at a mandated military training what I would have no clue what I am doing being that I am mentally ill. They tell this to 1/3rd of Americans, see how wrong this truly is?! I can show America clearly does not want me as a citizen. What if I wanted to fight for America for “freedom in Afghanistan”? What would I do? Help at home with working a part time job at a grocery store like the psychiatrist told me? How would that help America out if ever America needed to fight a serious war overseas with a draft involved?! Remember too, I do not send messages all day long to people on the internet in America claiming they are mentally ill, yet that is what happens so much on the internet I have been typing on YouTube comments for over 7 years where that is all we do is insult each other over politics usually. We may not use the term “mentally ill”, but we sure imply it to people we don’t get along with. Can you imagine if the people running the country did this to the Ukraine citizen?

The psych wards must throw all their material out on you except for the data that you went there that small detail alone. The psychiatrist has to

write daily notes on people in this large binder and it clearly must be done in pen, I have seen a psychiatrist do this in front of me over a desk. It is so clear they just throw all their notes out that they have to write. This is a huge waste of a psychiatrist's time, all psychiatrists clearly know this, yet they won't tell you about it at all. The clinician did say there were notes on me from a previous psych ward where I did very well at he said truthfully which I trust fully what he said, but it must be no more than 2 paragraphs on me, I will bet good money after how much notes they have to write daily on each individual. The psychiatrist clearly will not take notes on their computer which they should that way it is all on file rather than a binder they are clearly taught to throw out all of the notes in it so the binder can be used for the next patient that comes in since if they kept these large binders of people for life, there would be no storage at all for any of this after like a year, trust me on this one. That is so shady of America to do.

The psychiatrists and all the workers make these illnesses seem like it is asthma, something people have for life that people are more than willing to work with them for if ever someone with asthma needs a minute of your attention just to get their cool. That is not how these illnesses listed work and that is not how the patients play this. The patients as I have shown do not want to work, lack ethics, do not understand boundaries, have no care in the world. I don't have asthma, but nobody is slowed down all day long from asthma where they clearly have to be watched all day, there is not a single example of this throughout all of history unless if the person was being a jerk in some way to someone with asthma. Nobody with asthma got mad if you didn't understand what they were going through when they had an asthma attack unless if you couldn't understand the second time they had an asthma attack in front of you. Do you notice how with asthma attacks, the inhaler they have always works, yet the patients with schizophrenia will try new medications and will get frustrated because the medications do nothing at all for them? I don't see people with asthma having to go to psych wards 6 times a year for months each year where they act up like animals the whole time there! The professionals always tell this to you, "you will have your challenges in life from your mental illness, but you will be prosperous in life, I have all these stories about how patients of mine go on to life great lives with families and high paying jobs, I know you well as your clinician that you are so successful, I am so proud of the progress you have made, you are a great person" no matter what you did that week at a group home you live at by design, the clinicians clearly are taught to act this way as I have proven.

One of the psychiatrists that I first met, I called her to say, "thanks for helping me, I am working over 36 hours", she told me "Oh, then you don't

have schizophrenia", the irony is, she cannot reverse the diagnosis ever, but she would she is a very friendly psychiatrist if you ever meet her. I just know no psychiatrist can ever do this.

Here's a great question, why would you have "peer support" jobs, when all the workers are taught that it is up to the patients to want better for themselves in life than just being in group homes and psych wards? What do patients have to learn from a "peer support" that they don't already know? Talking to a patient about work and success, they already know they can do that with their lives. A "peer support" talking about it will not influence one person ever by giving them motivational advice, that is just a paid service friend of some sort that the patients will gladly request which I have seen them do at group homes. Another fraudulent thing the mental health field does. The list may never end.

Some guy in the elderly unit was on the floor in the lunchroom waiting for his lunch, he said he had this issue with his foot he was acting off. One of the guys who was a punk who was underdeveloped in some way (not autistic) almost fought him over this, thinking some injustice was done to him where he told him to make a scene and the guy would not. Both people which the elderly guy didn't look past 62, this almost started a fight between the two.

If the government has to put people against their will on medications and fight many people like this to get them to take these medications because they are violent and they refuse to take the medications to end their aggressive behavior. Do these medications sound like a great discovery you have made for you to do them for life where it will bring you joy when they are clearly used to suppress someone's violence? Where you truly believe the public goes against taking these medications themselves being that they have no mental illness whatsoever, where you clearly do not take their word at all? You would have to think the public who goes against medications are so stupid to not take the medications themselves given all people in America want more out of life or want to be happier.

You would know by reading this that free college for more than 2 years would be a horrific idea for the public where the public would have to pay for a good-sized crowd of people who go to every college with every college course they can possibly find where they would be doing this to try to cope and find more purpose to life where they clearly have no intent of working their way up at a job. This would grow and grow the crowd each year that think college is the key to their happiness. We had a former spouse of someone in my family who did something like this, not to the extreme but she clearly had no intent of ever working yet she kept going back to college

courses with the family members wages. We already have so many people in America that do not care how high their debt goes even if it is past 100k where they seriously believe they will be making the money back in the future in their career. More college loans, more people going. At my college, there were clearly people there that didn’t care if it took them 8 years to graduate for a 4-year degree and plenty of them eventually dropped out after year 2.

Prisoners in America are allowed 2 hours minimum a day by law of fresh air. I’ve never been to prison, but I would think prisoners need 4 minimum max 8 hours a day, but I know many people would argue that the number is too high. I am completely on that boat that you do not want to incentivize doing crime and going to jail thinking jail is not that bad when jail is clearly to reform people in society.

I didn’t understand this for the longest time, therapy, counseling, psychiatry is not to educate you except for a little bit. It is to talk about your problems and get you back on your feet where they teach you basic life skills, you are expected to research everything psychology related on your own. They are not here for an ethics course at college! This is not to have deep conversations about politics for instance because I enjoy it and these professionals are more than willing to discuss this. They want to get you out of your head and not be so stressed out, they are not to provide you with what you want out of life. They only want you to reach your goals. One guy at a psych ward told me “What will it take for you to become who you are and be the best you”, that’s what it means where they only want you to be happy and reach your goals. This confused me so much when he told me this. What also confused me is all of the counselors told me “You can talk about whatever you want” The counselors almost all the time want you to talk about your problems and how to get past them.

Dr. Alok Kanojia posts on average 30 minutes a day of therapy for his fans free on his YouTube page. This is stressful for his teenage fans, there needs to be warning labels for content like this! What makes it worse is that it seems like this excellent deal that you get a free psychiatrist for 30 minutes a day you don’t have to call or drive to. Remember, channels like his are on top of everything including the TikTok mental health videos people are watching. I don’t consider his videos “therapy” (I don’t know what it is), but his fans must feel they are being reminded of the therapy they already get at least weekly, he has 1 million subscribers, that will stress them out!

The psychiatrist I talked to at one psych ward was right when she said your quality of life is too low. Simply receiving help is not the solution, the help

will do nothing at all in that case. That's why with many of these 3rd world countries, the help does not do much.

There is a month called "mental health awareness month" in May in America that started in 1949. I don't know the scale of this "mental health awareness month", but there is no way the U.S. government at the time wanted mental health expanded to this extent where every year it gets bigger. Wikipedia says the percentage of mentally ill Americans is at 18.1% but we know that this number is much higher at a minimum of 33%. In 2005, the NIMH statistic was at 25% so the number has only gone up.

I can only imagine how difficult it would be for many employees after hearing a horrific name said by a patient, for the employees not to say "grow up! That's all we are asking you to do, not much to ask!"

A website I went on gave 92 of their "insightful personal questions to ask", at least ten of them I know from personal experience people do not want to answer at all unless if they are a good friend of yours. Also, the website does not warn of not to ask a coworker all 92 questions spread out throughout a month for example.

Sleep does not improve mental health, sleep is to regenerate.

To talk about the lady who raised her voice and scolded at me saying "you do not tell someone they do not have a mental illness", you are a policeman who yells at me when I turn into a lane that he blocked where the policeman is doing traffic direction as his shift for the day. You are not hurt in any way from this "event" that happened to you that you want to share with the whole world, where best of all, you make good money off of it. What this would do is stress you out miss.

In all the photos from two of the psych wards I went to, the workers are always smiling, and they fill their facebook page with it. This is false advertising if ever.

The youngest age to get therapy is a 3-year-old. That doesn't make sense. The youngest by far and this is for I would think 5% of children at most to need therapy and or medication is 7.

If you make the conversation about you or your hobbies when talking to a group every single time, you are a schizophrenic. This is an obvious sign of schizophrenia.

We had to go to a cafeteria to eat lunch and dinner at a psych ward. One thing I noticed here is that all of the mentally ill eat their food fine not like animals at all, they don't use their hands or for instance use a fork when the food (soup) requires a spoon. What is even more strange, only a few

mentally ill people were vegan or vegetarian. When they were asked for one of the two options if they wanted chicken or fish which was being served where you got a choice of two options or tuna, chicken salad, I would never hear someone say “I don’t eat fish, fish contains omegas which is bad for my diet (or say eating fish can cause cancer)”, they may occasionally say “I don’t like fish no thanks” but they would never say “the food looks bad today, I am not eating that!” They would never demand the food from the chef since the chef had to serve us the food through glass where they would say “hurry up” or “you do a bad job”. They offered second portions, but nobody was upset having to go back up for the food, and most didn’t bother to eat the second portions they were offered, nor did they ever ask and throw away most of the second portions of food they would occasionally get. They never once took issue with the chef, there was a total of one guy who did between my almost year at psych wards, but this guy was so violent he thought the slightest policy a chef had was a form of injustice against him personally, isn’t this odd to think about? Clearly the mentally ill have manners of some kind or at least have respect for the chef and want to get along with him. It is true that if they acted up in the cafeteria, they would not be allowed back down which means that the staff would decide their food which the patients knew well about. This is not the reason at all, take my word here. Also, there were times when we had to wait in a line at a different psych ward that took about 15 minutes to get food if you were in the middle or the end, people did yell at each other if someone cut in front of them, but this wasn’t that often, it wasn’t unheard of, but it wasn’t often (my guess is because the line was so tight to get food). At the first psych ward listed in this paragraph, this was not an issue one time at the psych ward I was at for 5 months.

Between the psych wards and group homes, they are not trying to wean someone off of services or at least limit the services. A staff confirmed this for me, where he openly admitted that the office is not for hours, and hours of dialogue and it is not good for your mental health. Yet they will not discourage you in any way, they don’t talk you into more services, but the last thing they will say is “you get too many services sir”. If they trust a patient this much, then guess what, the patient is the professional not the professional because the professional clearly disagrees with them 100% on a key issue.

The professionals who take the medications and the patients will always tell you “The medications have done so much for me in finding my happiness and helping me to be able to function in society”, yet these same people want much more out of life and will tell you or hide it.

Here is a something wrong they are being taught, if it isn't working with a counselor like it wasn't between me and the counselor staff I had at my group home, he got discouraged and he said maybe someone else of a different field should work with you that is a different kind of therapist. He had said "not a therapist that makes far more than I do, but a different kind". If you believe me, then you will know all therapists are taught the exact same concepts no matter the field. The higher the pay, the different the field, the one that agrees with you on politics, it will not matter one bit. They go exactly based on what they are taught with psychology in college whether left or right. There is not some help that is almost guaranteed to work for everyone that people need to discover from a therapist in Massachusetts, yet the guy or girls professional name has either not gotten out enough; or should be far more well known to the public but the public just doesn't know about this therapist. One psychiatrist tried this on me, he wanted me to listen to him and not the psychiatrist I had before him, he said "she doesn't really know what she is talking about" not as an insult, but you wouldn't want that kind of advice for medication and therapy, listen to me instead. Yet I am sure they both get along well and could work together easily being two psychiatrists in one hospital for such serious "help" the psychiatrist tried to give me. I am more than sure they disagree over some minor things; they aren't the same person after all. Remember too, if you request a medication, both psychiatrists will eventually give you this medication. Let's say the two psychiatrists disagreed over a medication, by no means are either psychiatrist passionate for Risperidone where the other psychiatrist is passionate for Invega, they have no issue offering you one or the other in fact I would believe most of the time, that other medication is their second option, and the psychiatrist will gladly give you their second option for a medication. The professionals issue around 10 different medications. There isn't much to pick from, the main ones before the 100,000s of ones offered that you must take in a psych ward, both these psychiatrists believe is a great option, just not the best option possible. Nice try confusing me psychiatrist, keep me in this for life.

All professionals want to never use the word "hate" to describe someone or a political party someone doesn't like ever through "hate has no home here". I highly doubt this is possible.

Not that they do, but what group home or psych ward would ever require a college degree? How does a college degree help in any way when someone can be trained in under a month and workers keep hoping from psych ward job to psych ward job? They make it so clear that an 18 year old can work for both, only a few 18 year old's have college degrees, I wouldn't think

someone with a college degree at 18 would seriously take a job like that where even the pay is bad.

Can I ask, someone who loves guns but doesn’t believe in warfare under any cause, what purpose does it serve studying guns all day and having a gun bumper sticker where you want to talk about guns with people and you go to gun conventions? Even if you hunt, all you would need to know is single shot rifles.

There is no limit to how much someone can rant throughout the day, I can prove this. I met a woman at a psych ward who ranted all day long and was always very angry, she did not hit anyone but yelled so loud about politics and how America was cheating its citizens. She did at times sound positive, but this was brief. She didn’t hear voices, she would never try to start an argument with someone, but she clearly wanted to talk politics all day long just to talk about what she was so angry about, and it always was something new that made her so angry that she would mention to all of us there not caring if we listened or judged her at all. Also, she was medicated, this must have been difficult to keep yelling when the medications clearly slow everyone down by somehow making it harder to breathe when angry, I can’t really explain how the medications work this is something that you yourself would have to try out, but for me this is what it does.

All staff has been taught not to have any intent of ending hatred as a whole, let me explain. If you say that you hate someone, they will discourage you from using the word and try to get you to move on from hating someone. They may have signs up at the group home that say “hate has no home here”, they may tell you to end your hatred in a psych ward in order to get out, yet they know you may hate someone in a psych ward that is there with you. The professionals accepted that yes there is hatred in society, yet the hospitals to try to lure people into thinking hatred is a sign of mental illness and many parents believe this in their son or daughter.

I talked to someone who graduated a four year for psychology and wants to work with children with autism where she wants her master’s degree. She clearly is very smart having written a 30-page paper for a class. She confirmed for me that psychology goes on forever, meaning you can spend your whole life studying psychology through endless books if you so choose to do with your time right through your smart phone. This means the people working in the field in psychology including the staff employees at the bottom for instance the group home workers are either going to get so millions of times better as employees, or worse, they will be given such terrible education on how to help someone given the leftists trying to run all colleges meaning they workers will be beyond horrific. What I think will

happen is that the professionals will disagree over slight things on what help to give someone since one professional will be incredibly smart and know what the right thing is to do, the other employee will be beyond dumb. What will happen is the employees will think this is a liberal conservative issue where they disagree so much over some president since the two parties try to be as opposite as possible.

Plenty of employee’s love talking about as example vacations, sports, politics, medications, psychology (huh? too young to understand but ok), religion, smartphone apps, movies, music (huge relatable one with rappers’ lives), takeout food (huge relatable one), internet celebrities the list goes on. Since everything is so accessible through their smart phones where they can make friends with really anyone who agrees the same things with ideas in life, this means the children will be way too happy in life, meaning they will crash younger and younger. This means the psych wards will have a much younger age they have to admit in, the teen unit could get out of control with how many people have to miss their high school time to go to a psych ward, because they are missing high school, they have to be rushed out to go back to school in order to graduate on time.

One of the workers I saw was getting frustrated at just how many phone calls he gets daily from people requesting things from him or trying to check up for appointments to go on, it seems like he gets a phone call every 8 minutes of 23 plenty of which do not call at all? How?! Think about how many phone calls that are illegitimate to the police, where the police do not do anything about it like section the person, if they did section the person, the person would not care in the slightest being sectioned but I highly doubt they get sectioned ever from making three phone calls a day to report neighbors or where they ask for help with things that they themselves can do. Could you imagine someone causes their own stress by calling the cops so much, what they then do is blame their neighbors for the stress they cause, the police do absolutely nothing about the situation!

Mentally ill people who laugh all day at shows like South Park where they watch all the episodes they can, and they refuse to work. They can hide under the disguise of caring by simply voting for a political party and researching on the internet without reading any books where they follow all of their politicians on twitter that this shows they only want what is best for America and Americans. Yet they got the best of America, still every problem they ever face is caused by the Democrats, but these mentally ill people are always right even when their party who claim to care for loses, they still won the battle with Democrats in their own way. Without the democrats, who are the “dumb” in society for them to try to rip on all day? Talk about living the dream.

I talked with a staff lady who graduated four years who is planning to go to work with autistic children and is planning to get her masters. She told me there are different levels assigned for the youth with autism to better understand the autistic children that may need more attention or may be violent. Clearly, they got this right when writing this up that not all autistic children are all at the same level of needing care and support. Yet the psych wards will tell you otherwise.

Whoever wrote the mental health system in America does not want people diagnosed with narcissism really ever, so what they will do is give them the schizophrenia label instead to really everyone.

One of the guys who ruined his brain for good took his parents car and drove it to the strip club that he wants to go to all day every day, he totaled the car.

A psychiatrist will never deem someone whose brain is fried to be damaged beyond repair. This doesn't apply to anyone with traumas that can always be worked with but someone whose brain is fried from the drug LSD, there is no chance for any sort of a recovery, ever. Remember, most everyone passes after 2 years maximum, people's whose brains are fried from drugs, they will pass eventually at least the majority of them like 95%. If someone's brain is fried, the professionals should be making a clear distinction between a schizophrenic) someone who doesn't make sense) versus someone whose brain is fried (someone who cannot function at any level in society).

LSD, PCP, and meth is what is frying people's brains, we don't know how much of it is causing this, but we know this is the drug that causes it. Heroin, cocaine (I know) crack, and fentanyl I am confident does not do this to someone ever, I don't think I am forgetting any other major drug that does this. I think mushrooms and Xanax can cause this but at a high dosage of a very long time of abusing the drug. If I am right, we know immediately which drug is causing this serious problem in society. Yet LSD is so readily available at concerns everywhere. LSD brings out your schizophrenia more.

To get a sense of how tragic this really is, and I know this does happen. The autistic could easily make friends with someone at a psych ward or a group home that will get them in serious trouble because the autistic young adult did not know right from wrong. Yet society will blame the autistic young adult because he or she is over 18 and is mentally ill meaning they do not qualify to be exempt from a serious crime committed in their name. They won't be viewed as autistic in a court of law, I highly doubt this. Being mentally ill won't do you anything if the crime is so serious. So yes, an autistic young adult would have but good intent, but can do something

horrible in society based on a mistake society had made with one of its citizens mind you. If you tell me events like these are rare at places like group homes, I won't even bother responding to you with this discovery I have made.

A serious flaw in psychology, since everything is a theory in psychology such as boundaries, I can just dispute them since nothing is definite nor a fact. For you to get angry at me touching your shoulder and yelling at me for doing so, who are you to say that I am wrong in touching your shoulder? Are you the top psychologist this world has ever seen? Even he or she could not possibly have always been right.

I cannot be 100% sure, but I am convinced that this is what is funded first in society. Also, because it is taught in colleges and people want to make the most amount of money in the field, it is studied so much by patients and professionals alike. I truly believe that mental health is funded before whatever you can think of aside from wars and politicians' salaries. Mental health funding comes before corporations, schools (unreal if true), low-income neighborhoods, media, construction, benefits at jobs, the list would go on and on. This means the first goal after warfare and politician's salaries is to pill up your country and label at least 33% of your country "mentally ill". I know they will call me insane for proposing this idea, but it is alarming if true. Because the politicians will never show where the taxes go to first, you guessed it, I can claim this!

There is all this social media such as mental health TikTok, yet they want to hide if you are mentally ill or not? What? Clearly most of the patients don't seem to mind letting the world know. Why do the professionals get to decide this matter here? Are the patients being delusional doing something like this? I know what the professionals will say "it's the patients right to share it with others!"

If someone is concerned for someone and you say you are not concerned for the person, the person you are telling it to who has concern will not be deeply offended nor will an argument start.

Another thing that doesn't make sense, all mentally ill patients know when to tell you to "calm down" and are glad to help if they like you. They never once join in your anger with staff for instance unless the patient (s) feel that an injustice is done to them when for instance you are the staff tell try to get them to be not involved with the situation. Yet the professionals claim the mentally ill want to be friendly with other mentally ill patients as if they are friends, sure.

Mental illness is deemed a grounds for divorce, I think you would know by now if I support America's decision on this or not.

This patient here is such a jerk there aren't even words- my roommate at a psych ward is 36 years old, he lives with his parents, he doesn't work, he goes and visits religious centers that kick him out quickly. He told me he takes medication because “the holy spirit is strong, and I need to prevent the anger in me with these medications”. As if he seriously cares about anything or anyone claiming to protect society. In his mind he's convinced of this, and he must be a leader of some kind. He wasn't rude, but one time he did yell at me for no reason which I calmed him down quickly. One weird thing is that he checked in voluntarily; but didn't think to bring clothes with him other than the ones he had on. He kept trying to play the good guy who wants to make sure there are no fights in a psych ward by giving his “help” towards others, nobody had an issue with him at all. His parents will always support him thinking he is getting the “help” he needs, and he will keep trying new psych wards with new medications, that psych ward was not his first by any means.

A medication that makes you slow, suppresses your anger, makes you sleep more throughout the day is supposed to make you this is way will make you happy in life and see much purpose? Also, you need dopamine to be happy, antipsychotics suppress dopamine at a high level. This is what antipsychotics are. Does this make any sense to you at all?!

This one patient at the crisis center could not function at all. He would cook so much food no one ate, he got mad because the crisis center didn't have bacon for his breakfast he was making. He would make all these drinks and teas and keep them in the fridge that no one drank. He even squeezed all these lemons and limes where he made like a mix of it to boil it. He would get upset if you tried to drink some of what he made claiming it was for later. He had some sort of vision problem where he needed to wear glasses out in the sun. He freaked out in his last day of three days and got sectioned. His wife would come to drop off medication claiming that he was off the right medication for him I overheard (umm, no?) He was big too, he worked a successful job in a science related field years ago. There's more that I don't remember or didn't see, but this guy will scare you.

The doctors as being the best example, they tell you to live a healthy life, be like me if you can though granted you won't make nearly as much. Yet none of it works on patients. They may be seeing their doctor once a month or a week that does happen. Yet nothing gets accomplished, it is just to make sure the medications are not causing serious effects on your body as they

can and need to be monitored. The reminders to succeed no matter how many times or how frequent, do not work at all.

They will tell you mental illnesses such as schizophrenia covers a wide range of characteristics. So, while you may get the soda you want, and the other schizophrenic patient will never get the soda he “needs” at any time where this patient cannot possibly be hired at a job ever and you can. There is some aspect of you that is schizophrenic, you have shown the signs in the past, you are clearly disabled for life. In fact, people with schizophrenia can live lives at a much higher position than most and can live great lives with their families. Since there are no ranges in schizophrenia, you two are both clearly the same person when looked as both schizophrenia when clearly in other areas, you excel over the other person at such a night and day level, spare me this obvious lie psychiatrists everywhere.

The workers want to end all stigma behind the term “insane asylum” to make it seem as normal and a place anyone would want to go to be happy through medication and therapy offered.

Some guy who is unbiased when talking about schizophrenia did an excellent job explaining schizophrenia. The guy in the YouTube video says a schizophrenic would believe the CIA would be out to get him when there is no evidence of it at all. Professionals do not write schizophrenia any other way like you already do.

The protect their cops in society if ever there was a domestic assault at home between a cop and a wife where the wife called the cops. The cops will never take one of their own to a psych ward where that cop will lose their privileges to guns for life. I never once saw a cop in a psych ward, I think I saw a few military members or former, but not much.

With Benzo’s, you build up a tolerance someone who took it told me. Benzos make you have poor decision making. If you take too many you will black out. Benzos are Xanax, they give out heavy drugs you can abuse. They last for 3 hours. They make people very calm. They cause memory loss and cause you to be like a “zombie” because you are at a calm level where they can barely produce thoughts.

If someone is happy one day and then the next they are down and it changes over the most minor things, they are mentally ill. They call this “bipolar disorder” I call this sporadic.

The youth that send emojis all day long, this is the same as when my friends and I when we were 14 went on AOL would send “haha!” to what seems like every 3 short messages sent. This means that we may have been the same people just different generations. Just something to share with you.

I think I already wrote about this, I talked to the human rights at a psych ward that I was at for four months, she really liked me. She told me that in the under 18 unit, the false human rights violations she gets are unreal, I absolutely believe this as a fact.

Anyone who is tough and can make his presence be known, they will section a guy like that who only wants to protect himself and people from the dangerous people in society. That's another class of people that will be deemed mentally ill for life.

America has boarding schools for autistic teens that cost over 30k a year to send a teen to live at. The tests are so easy, and they never give homework. You can get a high school diploma from this place. My problem here is why even send an autistic teen here just let them drop out of school since this isn't an actual school of learning of any kind. It is fraudulent and the public thinks they are giving autistic teens life skills living at it which they do not get any being there.

Do you realize how bad someone's mania would have to be to want to be in crisis after crisis where the cops keep coming, the person keeps making a scene spending 2 weeks in a psych ward? It is not an issue to want to be in a psych ward but to want to be in a crisis where the cops have to come that person is truly cannot function at all and there is no chance for recovery at all for them.

When the peer support is talking to the patient, the patient always is smiling and having a good time every time. They usually talk about themselves and the patient about hobbies the whole time.

People think people are mean or they yell at them so they file human rights complaints weekly. The staff will never tell the patient to stop filing these the staff is taught to ignore them. The professionals think human rights violations is repeated verbal abuses, yet it is not, it is way more than that.

If you have any sort of breathing issues of any kind, the professionals will always think it is anxiety and will try to convince you that you have a serious disorder of it that anxiety will come and go. Even if you had a phase where you got so nervous for a test and your girlfriend broke up with you, they will tell you that you have anxiety disorder and to take these medications for life to calm you down. It's another way they can get you for life.

The workers at psych wards and group homes are taught that people want to find peace and they do not go their whole lives trying to bring people down that it wears on people who do that. Their ultimate goa is to find peace in their lives and nothing else. That is such a lie if ever one and I can

prove it given where I have been, that couldn’t be more opposite of the truth.

Psychiatrists will always say you can be happier and happier so you can try whatever combination of medication you want, do you see a flaw in this because I sure do?

To be fair to the field, if someone went 7 times in a year, they probably would learn from it, and they could be taken to a state psych ward if they keep it up. That is one positive.

Someone told me Haldol collapsed their lung 80%.

One of the staff made up this lie that she cannot knock on my door because she is not my “counselor”, she then said something like “well it is because you don’t want me to” after I gave her approval since she used to knock 3 times a day when I asked her to stop. There are so many “policies” they make up in their minds to cover for the fact they never trust you with anything no matter how slight it is.

The staff who stood up against the bullies for people who was bullied in high school, he told me he did this because he wants to “help” people in society. He would tell me “Take it outside” all the time when he and I argued. He is trying to tell me he would fight me regardless of me being schizophrenic if I wanted to. What twisted individual would fight someone with schizophrenia and try to invoke a fight with them when you can just call an ambulance on a guy like that?! I am not buying his story at all being this guy who works for oppressed in society that he is humble about it.

There is no such thing as a blatantly obvious case. I still believe there is such a thing as schizophrenia, the professionals need for schizophrenia to be blatantly obvious along with depression, yet it is the opposite in most cases.

They let you have your cellphone to text the whole time you are there at the waiting room if you are there voluntarily. The irony here being this is the one place they would not want you on your cellphone at all since they are there to help you.

If someone checked in voluntarily, in most cases they will do it again within a few months, like I said before the hospitals get the same patients every time.

Sometimes cops will let you bring your clothes sometimes they will not. They get mad if you don’t do exactly what they tell you to do the ones who don’t allow for it.

Crying all day is not detrimental to your mental health, it is a bit bad for you. It would be the near opposite of yelling all day and getting angry all day.

All of this “story time” for the workers at hospitals must ware on them fast. All employees are not interested in hearing one story from you at all no matter what event it may be.

Most people feel safe being a psych ward because of the environment being in a small space with staff 24/7. The other extreme is that people do not want to be at one at all. I’ve tried everything and I still hate being at psych wards so that is the extreme I have.

A worker at the waiting unit has never seen someone ever collapse where they had not keep being lifted back up.

The want to keep pleasing their friends through social media, they don’t want fame, they just want to make their friends happy, it must stress them out so much having to keep trying to short videos, different social media platforms to reach each friends somehow between over at least 50 friends. Mental health issues will go higher from this each generation since the usage of smart phones goes up and up.

If you are willing to hear a harsh truth, a portion of teenagers go to psych wards to get away from their families.

They do not have fans in the waiting room, they kind of need them I would think.

Most are involuntary at a psych ward, a worker confirmed. This tells people are either all violent or not at all for them to be there.

They must ask between 40-70 questions when you are admitted into a psych ward. The nurse confirmed even she does not want to do it since it stresses the worker out to do this day after day.

They have a rule not to spend all day at the workers desk, this is a great policy because all it does is amp the mentally ill up. I agree with it 100%.

Someone told me only 10% of women who are schizophrenic cannot function at all, he has plenty schizophrenic friends. I agree with his view here.

70% of therapists are female. I believe this to be a fact. What guy wants to talk about people’s problems all day long as a career? This must be why many psych wards they only get female staff. 55% of psychiatrists are females, I can totally see why a male would want a job like a psychiatrist but a therapist, why?!

Depression is not genetic based so if both of your parents have depression, that means your chances of having depression will not be higher. This is terrible let me explain why, if both of your parents didn’t have depression and you claimed depression, you could at least say “well my parents don’t have depression so maybe I was wrong all along”, it will keep expanding, people will talk themselves into it.

If someone is traumatized, they should never be forced to take the medications in the public ever.

The professionals are taught to keep telling people that they are “good people” no matter what so the patients will see good in themselves. I understand this completely now.

A worker confirmed at a waiting unit that the only drug/medication that must be precise or it will cause a serious reaction with a drug given out such as oxycontin. Sleep medication won’t do this to you.

They don’t just hand out a “incompetent” to stand trial. For a serious crime, it rarely is the case that you can get off it and go to a psych ward instead of a jail. America got this right.

The mentally ill will never be offended if you ask about their history with mental illness, but most mentally ill get deeply offended if you ask for the medications they take. I don’t understand this.

The worker said the security isn’t enough that they need cops in waiting units. A worker at a psych ward wanted security that she could not get.

I feel like I am part of some experiment being watched all day having to stay in a small room that I cannot leave.

You will never know if the mentally ill are lying or make no sense at all when they give these stories that make no sense at all.

We don’t know which prison inmates claim to have a mental illness to cover for their past or if they believe they have an actual mental illness.

No worker does group therapy all day long because it would stress the worker out.

Society will never deem you a threat for life because they want to say anyone can recover and not to worry ever about your neighbor.

A professional made a face when I said over 3 hours of therapy a day I wanted, she knew that is way too much and would stress anyone out.

At a psych ward, they violated the section 12 I was on where they said I would be gone in 5 days when I was there for 2 weeks plus a day. The

psychiatrist working the weekend made a face knowing they want you gone as quick as possible on a section 12.

The mentally ill complain if they don’t get their coffee, why? They won’t do anything during the day.

You can never joke about calling a code on yourself with the staff, they don’t find it funny at psych wards.

If you call the cops in the psych ward they will just laugh at you, the cops never go inside the psych ward, nor do they ever visit.

You have to go every morning to a methadone clinic and if you get off of methadone, you get extremely sick for weeks. This is how dangerous this stuff really is.

To the people on social media who spread mental health for the reason of “awareness”, stop immediately! There is more than enough awareness of it.

A worker at a psych ward confirmed that the regulation by the government prevents medications that put someone right to sleep. I don’t agree with this.

They have it so mapped where they will inject you after two weeks after you fail the court date. You can never win a court date meaning the court date is for nothing. What they can do is inject you twice in 4 days to get the complete dosage, so you do not stay there for months.

The mentally ill have to trust the medications, imagine if 95% of the mentally ill people didn’t take the medications in the public how the public would react to that?

As long as you work with the psychiatrist, they will let you out as long as you take the medications as well.

The medication had everything to do with me having bad times waking up in the psych ward. it is easy to wake up in a psych ward not medicated.

“Schizophrenia” and “schizo effective disorder”, why not use separate names for both? It is confusing.

A nurse at a psych ward confirmed that this is a business to make money from insurance meaning they keep people as long as they want. I can only imagine the corruption in this field.

Because of video on the phones, therapy can happen any time anywhere for a patient. This will get out of hand in the future, it will just expand and expand.

Medications are just to please the psychiatrists a nurse confirmed for me.

High blood pressure is the reason why people shake so much.

Depression can be caused by nothing at all. I don’t agree with this. I would think something would cause depression in someone who is permanently depressed such as the news.

Traumas are not constantly presenting even when you are having flashbacks. You can’t always blame the traumas for your sadness as an example.

People choose to be sensitive because it makes it seem like their life will be better and short term it is but long erm it makes it so difficult for a person to talk to you when you are a sensitive guy.

They think you are always in the right care and the right level and if not you can be sectioned to be in the right level. Yet being sectioned can only last for at most a year and a half, the irony here is overwhelming.

If someone does heroin every day, it will destroy their brain over a few months. Their brain will come back together over time unlike LSD.

Gambling addiction should be a mental health diagnosis of itself. Not if someone gambles and works a full-time job, but if gambling causes someone to lose most of their wealth.

It varies person to person over which mentally ill patient is worried over if they will lose housing or not, some do some don’t.

The mentally ill will keep insisting that in their early 20’s the times were near perfect, and everyone got along, and the patient will claim they were at their peak. Now they are not at their peak they will tell you, seems like a lie to me on the mentally ill’s part that their early 20’s was peace back in 2000, 1990, 1980 etc. but today there isn’t.

To people who record their employees at corporation, do you think you are in a reality TV show? Why are you doing this senseless act on your employees who only want what is best for the corporation?

They do daily check ins at all psych wards not to update where you are like it seems but to check your mania.

Traumas lead to mental health issues, they are not mental health issues of themselves. Traumas can heal, schizophrenia I knew cannot. This means there is a lot of hope for traumas. I did not know this until 3 years in.

Schizo effective means you have another mental health diagnosis such as bipolar on top of having schizophrenia.

A lot of people fight to go to therapy. It isn't just men who fight it.

The professionals are trying to end the sigma by making for no insulting words by saying it is not an insult by calling someone "crazy." that won't work ever.

When you become an adult when you live on your own, there is always something that has to be done.

If you calm down in the psych wards provided you didn't hit anyone, they will never medicate you when you yell.

They don't want people owning guns in society, so they do this to loved ones. I remember when the psychiatrist I was with for 4 months said "sorry" to me. We both did not like each other at all. I knew exactly what he meant by it.

This is what I think, most mentally ill are not violent. However, they are not violent because they've been in so many fights that they can no longer be. Yet the professionals will lie and say the reasons why the mentally ill are not violent is because they were never and because they are good at heart people, both of which are lies.

People view their time as worth that kind of money where they become glued to their smart phone all day long. They will stop what they are doing to talk to someone on their smart phone since that is their priority.

One thing I have seen I don't know the scale of it is that the mentally ill get so stressed out they blame you claiming you are being unjust to them taking away their rights. It happens at random. That's a clear mentally ill person where they keep blaming you for everything that goes wrong in their life when you have done nothing wrong.

If you drink daily, you become dependent on alcohol and become an alcoholic. This is how dangerous alcohol is.

Human rights are always very detailed, and the patients have their own version of what human rights means and how theirs is somehow violated.

There are so many people who cannot work the field or cannot accept the workload psychology brings, I myself being one of them. Yet they will give anyone a chance. they do say to you "it takes a special kind of person" though.

Countries must have the mental health system done correctly where if patients have to go to a prison or a psych ward for years. Let me explain this, if the numbers are off and too many people are going to prisons, that means people needed to go to psych wards and not prisons so the prison

population is too high, if the prison population is too high that means the public is too violent or there needs to be criminal justice reform. Much more important, if the psych ward population is too high, that will make it seem like there is a mental health crisis that wasn't one at all. people may be going to psych wards for little reason meaning all these people were deemed mentally ill for no reason. This is a lose/lose.

A psychiatrist will give you the medications in the public and will not give you a diagnosis for life in the public under the claim of "high anxiety." I support this belief.

They can teach a mentally ill man to never use names when reporting people, but they can't get him to stop at all? What?

I'm all in favor of trusting someone who reported me once every 3 weeks and apologized later for it, not every day. There is no chance for improvement in a guy like that. That is a sign that no improvement can be made.

Mental health professionals cannot make you feel good, it is up to you. They can help get you through the day but that's it.

More and more people are going to claim depression because they hear on their podcasts, they like that they are "conditioned" to working a 9-5 making them want to escape it where they cannot think for themselves "anymore". Nobody likes their job, that is what a job is. Yet the radio hosts lie to people to get them to believe their lives should be so much better and in plenty of instances the radio hosts recommend heavy medications.

The staff develop such a connection with patients they forget to make them improve.

Psych wards may be needed in society to convince the public everything is fine, and people are getting the help they need since in every society there are people who need help.

The reason why they do not do "laterals" is because people would keep going to the same psych ward requesting the same psychiatrist they want, and one psychiatrist would be stacked.

The term "silly" when used on someone is not deemed an insult in any way. I think the term is only an insult if someone is a serious person or wants to be known as such. I don't think "silly" is so much an insult though I thought it was. It certainly can be used wrongly to describe someone.

It is not considered gossip if you say to someone that they are not mentally ill. It is seen as a bit rude. You can only compliment how they handle their

mental illness. Because you are not a professional, you cannot possibly talk someone out, a professional meanwhile will never.

There is no definite method for letting go of things so people will keep seeking professional help as long as time goes. It’s all suggestions it isn’t actual ways to work like drinking water when thirsty to quench thirst.

The mentally ill either really want to talk about their psych ward visits or not at all. It’s odd how it works.

A mentally ill worker who is 23 told me that I had shotgun in the van, she then said someone else got shotgun two seconds later.

The medication they most give out is Invega, this one has the least amount of side effects we are told.

A clear schizophrenic is an adult over age 26 who acts childish and/or erratic where it happens a lot. This must be why schizophrenics develop at mid-20s we are told, because it is easy to identify in someone.

Clear sign of schizophrenia they change from being lgbt, to christian, to buddhist in the matter of a year.

People trash their ex’s because they want to get past them but that never works. The best method to get past one is to create new relationships with people to get past old ones I have been told.

The public believes males are shamed for seeking help. That means more males will go to it since the workers will tell them it is “courageous” to seek help.

It wouldn’t matter that they cannot identify mental illness at a young age because the public will keep claiming it in masses anyways.

A maniac person, mania, a manic person probably all mean the same thing.

Racing thoughts can heal. It varies how long to heal, however.

You can’t tell patients life is simple as a therapist. You can tell someone they are a confident person. They are going for support. They talk about anxiety and depression at a therapy meeting.

Medications do not heal traumas like a spray for a cut.

The professionals and workers will always tell you “It can be a challenge” when talking about autism, schizophrenia etc.

The youth struggle from fear of missing out that is what is causing depression and anxiety in them.

Someone must be a Master of social work to be a therapist, a masters in psychology is for research of the brain.

I support corporal punishment on children.

Trust issues is very easy to identify.

They use the term “abnormal” but not the term “normal” in the mental health field.

It can be escapism to keep being in conversations to avoid your problems by talking to not think about your problems. This is what people do they talk all day long. I have seen someone do that in a waiting unit.

Getting help is a process, it is not all or nothing.

If you trash an eval, that is deemed incompetence. You go to a prison not a psych ward for evaluation if you trash a judge.

If you can read facial expressions, you are not autistic.

I don’t believe a therapist can ever put someone in a worse state of mind.

Because schizophrenics can be very smart and can be good listeners, it can be difficult to identify. As I have already stated before, other cases are obvious.

America doesn’t count any psych ward visits on a CORI check, they try to hide your information as best as possible with mental health.

Separate from psych wards, they have a primary counselor address the drama.

The professionals and workers believe you do a disservice to yourself if you hide from a therapist your feelings. This is another way get people to keep trying with new therapists.

One clear sign of mental illness is if someone is so unaware of something so serious like for instance a tragedy in America where they never make mention of it or if they are at a psych ward and they think nothing at all of someone being restrained where it isn’t so much the norm, but they don’t see how it affects them being that they are at the psych ward and it makes it less safe to be at. This is very easy to tell by a professional, I could probably do it myself asking the right questions.

I don’t think there is a correlation between the bad economy and mental health issues in society going up. There is a slight change from it, but that is not what is causing it.

I know the music industry is playing a role in the mental health crisis with songs such as Cardi B “WAP” and Eminem "rap god”

The professionals do not know how long a patient must stay at the psych ward except for the extreme cases, but the professionals thought it through. If you were to keep failing at psych wards, they will keep you longer and eventually they will take you to a state hospital. This is the only method of knowing how long someone needs to be at a psych ward, the professionals cannot seriously weigh this kind of material. I give the professionals a lot of credit here for getting this right though I am not sure they thought this through, they just went along with it.

One of the older guys in a wheelchair at a psych ward was yelling the whole time and he would not stop talking about his support for Trump, the staff could do nothing about it. It wore on all of us after 5 minutes.

Cannabis now being legal in America will lead to higher mental illness statistics since cannabis makes people temporarily out of sorts.

Waiting rooms serve a dual purpose for one to wait until someone calms down from their anger or mania and two to see if they need a higher level of care. It shows that the cops couldn’t calm the patient down nor could anyone else so you have to be watched for over 8 hours I would think and most likely medicated. They don’t want to restrain you, so they do this instead where if you are compliant you get out quick.

To be mentally ill you would have to keep going back to psych wards twice every year or have to be a in a program for life, or you clearly need the medications for life. That’s a good judgement to expand on for if someone is mentally ill or not.

They will tell you that you seem “agitated” to get you to join their mental illness movement or you seem “stressed at times”. Something completely normal in someone.

Many people in society claim mental health is trendy so they will claim it. I’ve seen it firsthand at psych wards.

The professionals say mental health problems comes and goes throughout the day. I kind of believe this from what I have seen from a guy who could not function at all and then hours later did fine.

The professionals keep telling you people have not experienced everything to life and that the world is vast and complex to lure more people into mental health.

It varies as to why people are being sectioned between trauma, anxiety, depression alcoholism, drugs problems, mental health struggles. This shows me it will expand further because more people will think they have one of these problems from their friends talking about it.

Part of the problem is that the two political parties in America are dividing further from each other causing people to hate each other if they are liberal or American conservative out of fear of what will happen to the country. Just look at the signs people are holding up at Trump rallies “Save America.” This is a new thing in America with all these “save America” campaigns.

A lot of people struggle with purpose and fulfillment.

Most people don’t like doing restraints, they can get injured.

My understanding is that teens have to be kept at residential schools, so they are kept out of the psych wards to save the state money where it costs a lot less long term though it doesn’t seem that way on paper. Plus, less patients at psych wards.

Most people get offended when you tell them to get a therapist thinking you are attacking them when you are telling them to get advice from a professional and not them. This I don’t understand where all they seek is advice, maybe because they don’t want to open up to a professional, not sure. I personally don’t recommend seeking help, but someone like that has something to gain from advice from a professional instead of keep asking each friend I would think.

I was told by several different people who went to a state hospital that at a state hospital, they give the patients work to do where they can make wages to buy pizza, books, coffee, etc. I understand now why the professionals would want it that way since the professionals want to give patients life skills.

For depression, a psychiatrist can just claim you have depression because of a “chemical imbalance” since it cannot be measured through blood work. For depression, they can’t tell who has it and who doesn’t. The solution to professionals is always medication and therapy, it becomes an endless cycle. As I have shown before, there are an infinite number of medications with different combinations to try. The same applies for schizophrenia when testing for dopamine levels, a blood test won’t tell dopamine levels. It’s no wonder why a psychiatrist has to evaluate a patient, that would be the only way of testing for schizophrenia, depression etc. It would certainly be nice if blood tests could be run for schizophrenia and depression, right? It would not only tell who has depression and schizophrenia, but it would also tell

how much dopamine one needs to regulate their depression or schizophrenia saving so much time on medications. Dr. Alok Kanojia pointed out the professionals don't know why a medication works, they just keep trying it. Serotonin for instance works with mood. Dopamine works with pleasure. Doubling one or the other does not double your happiness or pleasure. SSRIs take 1 week to 8 weeks to kick in to work, yet you leave a psych ward in 3 days to 2 weeks. SSRIs are not "happy pills", they are not addictive in any way. Too much serotonin will put you through the roof excited just like dopamine.

People are too sensitive in today's world. Because they are so sensitive it must be difficult to tell someone hey you are doing or saying this wrong as a professional to a patient.

Therapists are not forbidden to talk political beliefs, most do.

Psychiatrists are incredibly difficult to book with

Here's my advice on how to fix this- if they want the medications, fine. However, only give out schizophrenia for cases that are deemed fit. That way society can separate the two instead of having all these people be deemed schizophrenic that are not that only want the medications. A professional can tell who just wants the pills. They've been to over 10 years of college!

A worker brought up how they have to list the potential side effects for medications on TV but the odds of getting it are so low. Having talked to a neurologist, I can tell you this stuff is not something to be taken lightly. He told me you run a chance of getting Parkinson's taking medication long term. That's not something you want to play with. If the neurologist said you run a slight, slight chance than fine, but the neurologist didn't.

Because the brain is considered complex beyond imagination, psychiatrists will have new ways with new medications as well to work with patients to get to the core of their problems through therapy. People don't want to hear the same solutions they've already heard from their friends, so they will turn to professionals thinking they have the answers where they will do anything to get out of their mind.

They don't explain to you the half-life in medications. You learn that on your own. So, because a shot may last a month, it will last an extra half month to a month and a half because of the half-life.

What I have seen with the mentally ill is that their anger is all the same. It is no more or less for something. This is a sign that the mentally ill cannot control their anger no matter what. Different levels of anger are a good

thing, we all have to get angry at times, sometimes higher levels are needed for anger depending on the offense made against you. I am not saying you cannot be consistently angry but that the mentally ill have lost their privilege to get angry where they get angry over petty things.

The commonly held belief is that we all go through depression, there’s no evidence of this at all.

Thanks to social media one can watch a therapist all day that they personally like thinking they themselves need therapy as part of the “product” when they do not. People also think there is some sort of fame to gain for meeting with a therapist, no I do not make that up, I already referenced #mentalhealth on TikTok.

The reason as to why they have no all-male units with male staff only is because they figure male patients may need female staff they get along with to calm them down. I didn’t understand this before.

The professionals can tell when someone gets mad over petty things, that is clearly a mentally ill person.

What their solution is for the mentally ill is to take medications, get out, get more help through therapy, live a “fulfilling life” be yourself. These patients have to be told by professionals “you cannot hold down a job, best you stay by yourself and have someone get your groceries for you since you need weekly groceries.” I have seen many cases like these at psych wards where they function at no level whatsoever. One of the workers did admit that after so many psych ward visits, they do give up. This could be detected a lot earlier in someone, not after 15 times of being sectioned. I am so educated in this field to know they cannot tell a patient this because then the patient will feel the world is “unfair” to them, then they will tell people this. What is going on in this paragraph is really a lie.

While I think depression is far over reported, I know schizophrenia, autism, trauma, and bipolar disorder all exists based on what I have seen.

Standing up for yourself or someone else is seen as “escalating” a situation. No, I do not make this up.

The workers at psych wards are taught to not allow a patient to get angry over something petty and to calm it down instantly when they see it where they send people out of the cafeteria for instance.

They don’t teach how to calm down from anger, when to get angry, and how angry to get, their solution is just to medicate. That is all the professionals can do with controlling someone’s anger mania etc. I get that it can always

be improved drastically for someone, but for many patients it cannot be improved at all.

They've seen countless patients at psych wards who either put in no effort or simply cannot recover at all. Yet as I have shown the U.S. needs to keep funding it to cut down on the prison population.

Psychology I have found is very easy to study and it is good because patients need to research their illnesses to better understand them. If they were too complicated, no one could explain them to the patients thus confusing them.

If you notice with the movies and TV shows, the main character with bipolar disorder or schizophrenia they always seem so outgoing and all they have to do is work through their problems which seem engaging for the viewer to watch. It is odd they would make movies about it when they want to keep all this private, I know it is a movie but still. We all accept that each case is different, so the movies are in some way accurate. One thing they did get right is that people with mental illness are very different from the public. Their brain functions different, they view the world differently.

People have shown they don't want to change so what the professionals have to do is keep accommodating and find new ways around someone's behavioral issues.

Episodes mean someone cannot control themselves versus someone being down on the day.

Instead of looking at someone like they need to change their behavior when they are in "manic", they look at them like they need a new medication. I put "manic" in quotes because I question if that is really what is going on with someone. Patients in that state have to accept what it is, not try a new medication when they all work the same. I've seen people who are violent before in psych wards, they've tried all the medications for them with every combination. So, the medication clearly isn't the solution.

I've seen delusional people at psych wards who complain about problem after problem that isn't an actual problem. They aren't dramatic, they are delusional to come with new material to get workers attention all day which is what they want.

The only solution is many therapy sessions, not medications for problems such as alcoholism. Lasts the last resort though.

I am sorry to break it to the reader but there is no "stigma" if 1/3rd plus in society are seeking help. That would indicate the opposite!

Instead of use the term “normal” you can use the term “functioning”, so it doesn’t offend people.

Schizoaffective disorder means you are part schizophrenic, part bipolar, part anxiety disorder. It does not mean it is “worse” to have than schizophrenia, it is just weighed differently.

In America, unless it is anxiety disorder or depression, I weigh all the disorders the same. There are not people with anxiety disorder that need serious help with social skills. So bipolar, schizophrenia, etc. it all means the same to me. I rarely mention to depressed or people with anxiety disorders in this book. In fact, I don’t think I do at all.

1/4th of patients who enter a psych ward under depression have psychotic depression which is something very serious. Depression can be more serious than I had thought after what I just wrote.

The concept of leaving someone alone if you don’t like them doesn’t resonate in the mind of most of the mentally ill patients.

The medications are supposed to fix their behavior, does this seem like it fixes their behavior?

What I think happens is that mentally ill patients get so high the crash so hard. Because they are always so happy, they cannot regulate their emotions.

A manic/bipolar person talks fast, is always excited where they have much energy, they skip on sleep, they are all over the place, they give you little room to talk, and they jump from subject to subject. This is not too difficult to identify.

I’ve seen it where a patient gets the maximum amount of medication in them and cannot be given more so they have to keep tackling the patient and waiting for the patient to calm down in a psych ward. Yes, there is a maximum amount one can take.

I’ve seen a bipolar person that has no lows and talks all day long.

If a patient is going to psych wards continually at age 18 they are doomed to be going to them for life.

If you wan to help patients who don’t want to get better and you think these patients want to get better where they want your help, you must be lost. Do these workers not understand that these patients have to be taken out of their reality they are in? They don’t need emotional support. These workers think they care for the patients, yet the patients don’t want the workers “care” as shown by their inability to function.

When I ask them why mental illness is expanding they say it is now recognized. The truth is that the professionals don't have the answers and yet it is their job to find the answers that's why there are so many professionals. They are paid to make people happy in society and it is failing so miserably. Saying that mental illness is now recognized at a greater level is not fixing the problem. They will always say "you need the right medication and the right therapist" as if it would matter. As I have shown they all operate the same. These are the same professionals who say you need to seek help your whole life. Does that make sense? Each one is happy to work with you and tells you they have the cure. I'm not asking for a timetable, I'm just saying you wouldn't say something of that sort.

This is what we are taught in society. When someone calls me "autistic", I am taught by professionals do not respond ever since that can start a fight since the other person could be mentally ill and not be able to handle a response. I am then taught to go to professionals to seek sympathy for being called "autistic". Do you see something wrong here? They didn't fix the problem, they made it bigger!

You are not kept in psych wards more than a month max if you have no motivation at all.

People don't feel their voice is heard so they keep going to therapists to get sympathy, it's all unfortunate.

One mistake the professionals make is that they think if someone is angry a lot they are miserable. The reality is the person is angry on purpose to try to bring people around them down. They give empathy to people who are sadistic. What's really sad too is when they have no friends at all, and they say you are their friend to try to use you for good memories.

They just keep reinforcing people. It's all I see and hear at these places. Not only do you have to listen to every word, you have to tell them exactly what they want to hear every time.

Do people really think talking about your problems fixes them? The goal is to find solutions, not "coping skills".

If you are meeting with a therapist you must be miserable despite how you appear to me in person always seeming happy.

Just because you have a drug or alcohol problem you still make sense. It doesn't mean you are mentally ill where you make no sense at all.

All these people who say they have a past and talk about it a lot, I wonder which ones want to move on and get frustrated by it verses the ones who

want to be known as a victim. The professionals also don't know who wants attention and who is struggling.

Nobody including your friends want to hear about your problems. That's why there are paid professionals to listen to you talk about problems all day.

The psychiatrists can tell if someone's expectations of what others should view them as are too unrealistic, yet they can't fix it.

It depends on the frequency of how many manic things someone says to determine if someone is mentally ill or not.

It varies when people know when to stop talking about something, but it is the same people. They want to keep venting. They exaggerate problems that happened weeks ago for attention.

Wealth plays a large part in mental health issues.

Because of dating, people feel used where when things go downhill, they breakup.

I can only imagine the number of patients the professionals meet that are only doing it for themselves not caring at all for their families or to fix themselves, they just don't want to escape anymore thinking there is a better life for them being sober where they will try to fool themselves while announcing to other people to claim they care and want better for the world. They do this because they can no longer do all the drugs and alcohol since it will eventually cause their death. At least admit the truth, these patients like this clearly don't care at all about all of the lives made worse from them but are able enough to care for their wellbeing that they finally get that aspect after many years of drugs and alcohol.

You don't even need a degree in psychology to work in the field they have it right. You just need to keep telling people what they want to hear. All you have to do is say that you have someone's support you don't have to say or do anything.

Sympathy and empathy are to make someone feel like they are not alone.

A symptom of depression is not caring about anything, that's how they get more patients.

They teach that life isn't simple in psychology.

Psychology will change drastically in the future, what will happen is it will just keep expanding.

Their answer is to give you support to make you feel good instead of telling you that you are wrong.

There are so many different reasons added up together as to why people see therapists. Patients will just make more issues that don't exist just to go to a therapist. They can just claim they are not fulfilled with life.

Someone is overwhelmed when their responses become irrational.

Psychiatrists have to go to medical school for 4 years just to study medications that all work the same.

Thanks to all this social media people don't feel they get the time and attention they want out of others. This means they cannot form connections.

An Invega 156 mg injection costs $3,000 each one plus to have a nurse drive to injection someone. This is absurd.

All this is talking about your mood and problems is wasting your time, it becomes excessive after a short period of time talking about it. Then the patients come up with new problems to talk about.

The professionals want mental health issues to be one aspect that you are way more than that. The reality is that you will always need help your whole life, it will be very difficult.

If you do have a mental illness, you are going through many divorces. I don't think the youth understand what they are claiming when most of them say they have a mental illness.

If a patient is to claim they are lonely having many friends and family support them, I don't think that problem can be resolved.

I am speechless how many patients freak out and have to be calmed down by many people over the most trivial things. I think someone's trauma could be that bad, however I am sure the majority of patients like 92% don't have trauma that bad and most of the 8% can manage it. Who keeps taking these patients out of psych wards? Mind you, the public has no knowledge of who is mentally ill.

I wonder how someone's brain would function when something is inappropriate, and you bring it to their attention they think you are being intolerant because you are offended by it.

Someone can just be convinced their behavior isn't clear that means they need to go to many psych wards. They don't need to have anger issues or a past.

If someone's blood pressure reads fine and they claim anxiety or stress disorder, you will know they don't have it. Yet they are still diagnosed as such. So many people claim these two disorders.

Patients cannot understand how to stop doing that behavior that is causing them to get in trouble.

In psychology they teach that a patient wants someone to hear them. They don’t teach that you have to tell them what they want to hear. It makes them feel good inside to hear that so I can infer that that causes patients to go back to them. Yes, I am saying this is a business service like a restaurant.

The professionals won’t tell you to be active all day long.

The psychiatrists keep lowering and adding to medications, so it keeps having to be updated.

The medication exam is simple and anyone with a high school degree can pass it. Yet you have to go through all of this schooling for it. All the exams are training.

Their only goal is to look at your current situation and evaluate it.

Patients can take steps forward and leaps backwards.

They cannot put a degree to how deep someone’s illness is like schizophrenia at the 8 out of 10 level. It would fluctuate depending on what level someone had schizophrenia so it cannot be weighed, it would change over time.

“his psychosis is that deep he doesn’t understand how necessary the medications are”

Most people don’t like the prison system, so they view psych wards as an alternative so naturally they support closing prisons and opening psych wards. That doesn’t mean it works.

Mentally ill people are repetitive they keep repeating the same things always about themselves or what goes on in the world.

When you have a problem you don’t just accept it and talk about it, you fix the problem. Talking about it does nothing.

ADHD means you cannot focus on the slightest distraction such as the window being open during a classroom. This is serious for the next generations.

One guy made this strange face and flipped people off he didn’t like behind their backs at a psych ward. It was confusing as to what he was doing.

You are on watch your whole life by professionals and parents what’s the point of having good behavior?

The staff has to keep waiting until someone is done ranting each time they never walk away. That means there is no learning from this where the staff does not rebuttal a patient.

I believe it is better to leave someone alone if their anxiety is raised rather than talking to them to calm them down.

If you say the wrong things at times that can be fixed, that isn't mental illness it just takes teaching all of these things you cannot say. You still will make mistakes at times though, you're still not mentally ill.

If someone says the wrong things at times they are viewed as mentally ill. Yet celebrities and politicians teach to get into these arguments and try to start gossip and have dramatic lives.

How can someone say with a straight face that if someone is struggling, they have the right to be abusive and they get empathy for it? So, when someone struggles, they can be abusive? Struggling must be very bad and for some reason it is frequent. How is it struggling when they get joy out of it? I thought the medications make it, so someone's struggles are not terrible for the rest of us, clearly that's not true.

Your first concern should be having the least amount of stress possible in life, afterwards you can worry about what you do with your free time. In fact, you will live a far better life.

Trust is already lost on the earth to have to be questioned for life about your mental health. Because mental health issues can apply to anyone and they are life long, you are always able to be accused of it. Remember all it takes is one professional to think you have it out of all of them. It is easy to identify if someone's doesn't learn from their mistakes or not. Yet for some reason the professionals can accuse you of mental illness your whole life since it is lifelong, can be caused by a tragic event that can happen to anyone where they cannot accept this tragic event. A mental illness can be diagnosed at any age remember.

People want to talk about their problems and have someone listen versus resolving them. No, I don't make this up. They aren't problems then if they don't need to be fixed. It does you no good at all to talk about your problems to friends for support, take it from me. In people's minds they will think they need more and more support from others thinking it is working meaning mental health will expand.

Because they aren't developing people properly in America more people will have issues over minor things that will become major for them. This means more work, more stress on people making life seem much more difficult

than it was. This means they won't be happy, which means more depression for society. If the youth can't pay attention, they cannot learn meaning they will have to learn the hard way particularly with people skills. It's not that they don't respect elders, it is that they aren't developed meaning they don't know right from wrong. Underdeveloped people think you are "stupid". All of the youth will think everyone around them is dumb meaning they won't ever learn from their mistakes.

I can only imagine the amount of people who lose focus, they wash their hands 5 times a day, or need things to be quiet all the time to work seriously think they have OCD. That's not OCD at all. What they say is you have mild OCD or mild autism; no such thing exists you either have it or you don't.

Can you imagine a therapist has to teach someone basic skills in life? That's the last resort. Why do we have schools, what's the point? School is to teach them life skills and to educate. Meanwhile people are making the same mistakes in society. Mental illness does exist then because clearly, they aren't doing it for thrill nor are they learning after being told not to. The professionals seriously believe mentally ill people can always learn and better themselves, that couldn't be further from the truth.

The schools don't teach how your brain functions, they want you to decide what you find to be normal and what isn't. They try making the most common-sense things seem political. This also means you have to do trial and error your whole life until you get to college. They won't teach in schools when you are in the wrong during an argument, they leave that up to you. What could possibly be prioritized over this?

You have to ask if you are an open person to someone and ask what they do not want to talk about, they don't teach this in schools. The most basic thing to teach is that people are not interested in you trying to teach them what you believe.

They don't teach in schools how to not be excessive in speech.

You will always care what you think of yourself, but you have to learn not to care what others think of you. If you care what others think then you have to keep impressing others.

Someone's mania can be so bad they don't even care about their own well-being, all they care about is impressing others to the point they don't care that they don't make sense at all they will keep trying to impress, I've seen it. When it doesn't work, they keep doing it as if tomorrow they will impress someone.

If anyone says I am in manic when I explain politics or religion to them I will make such a distinct face at them with a different tone voice.

The legal system had to make sure that whatever your diagnosis is, you cannot avoid jail for being diagnosed. So many people would abuse this in every country.

It is so clear to me that people either love or hate the mental health field. Here's what happens people either love getting attention and talking about their problems with professionals, or they hate everything about the entire mental health field where they are forced in. You can just tell by talking to the person who enjoys talking about their problems and who hates it. It is impossible to change this reality.

The professionals can't even tell them I don't want to talk about it with someone. This means the professionals will have to keep changing the subject with a patient every time. The patients won't understand as to why the subject is being changed.

A patient says a lot of things that they think are amazing when they are maniac.

Most of the patients don't feel held accountable when they are diagnosed with mental illness, they don't want to improve.

"I'm not here to talk about your problems, I am here to talk about your solutions" this is what I would tell patients if I was their therapist.

Their job is to fix someone, not to "stable" someone for later visits. In that case, just keep patients in psych wards, why keep taking them back? I would see nothing wrong if for instance a patient was fixed for 3 years and then had to go back to a psych ward for two weeks. They wouldn't have to be monitored every day and they would go willingly knowing that they have to go for a short time. Saying the medications stables someone, it's a lie as I have shown.

People are getting overwhelmed by the earth and it's expectations so the numbers will go higher and higher for mental illness.

How can someone assume the best that someone is struggling? You can tell by looking the patient not only wants to bring you down but has no intent of ever feeling bad for you when you are struggling. I am told that the patients have to keep struggling constantly meanwhile they are always saying it's your fault making no effort to learn from their mistakes. Every time they will blame you for it. If you did this with your kids, it would spoil them never hearing the words "no" or "stop". You can't assume the best because one person would ruin it for everyone either they are cynical, or they make no

effort to learn from their “struggling”. Struggling means you can say and do pretty much anything. What a perk struggling is. Also, what is assuming the best? The best would imply not only the person wants to learn from it, but this was their last resort to abuse you. I watched a patient smile calling a worker a “slutmut”. I’d like to talk to a professional who believes that is struggling on this person’s part, I will look them firm in the eye.

The professionals go based on emotion and not based on reason.

In a state like California where the ethics are terrible people claim depression because they are not happy with life, unreal.

People in society seriously think you cannot diagnose mental illness unless you are a psychiatrist, yet it is so easy you only need a high school degree and have read 15 or so books.

Mentally ill people are not wise enough to stop themselves from overwhelming themselves. We all do that at times, but we don’t do it constantly. We’ve all drank too much alcohol at some point. That doesn’t mean we are mentally ill alcoholics.

You can’t change a patient’s ideology; they can’t be stable ever, changing their ideology won’t fix it. If someone has bad ideology that is causing their suffering, they are not mentally ill if they are just not thinking critically, they are making errors.

You can’t just ask someone if they are talking about your problems to identify if they are having a rough day or not or if they just want to share with you something. You have to understand the difference between a problem and them talking about themselves.

If someone constantly makes a fool out of themselves and does not learn over time, they are clearly mentally ill. They are not class clowns and people rarely laugh supporting what they are doing.

People love to answer questions about themselves.

It’s not that simple that getting beaten up in middle school will teach you the lesson to watch what you say. It’s also not that simple of just getting married young and you will have fine people skills since you are around a woman all day. That may not help at all.

Perceived bullying won’t be expanding for future generations which is good. However, the youth will have harsh political enemies. Expect for their to be more blocks and more people sharing who they were blocked by.

People aren’t going to understand that they cannot require someone into liking someone.

People will always think it always is the mental illness when someone is angry or someone insults you that you are never conscious in that state.

I wonder if it is a talent like being able to sing to understand people skills. I will always be bad at science, other people are amazing.

One thing I disagree with is that I don't think people need sympathy when they are stuck in their head, I think they just need to talk to someone for about 30 minutes about any subject.

Try to never seek attention in life such as through your social media account.

The Red Scale Behavior model I agree with fully.

If people have problems with someone else they don't talk it out anymore. They just go right to the staff. Do you see something wrong with this? Regardless of if the person they go to is unbiased or not, why do you not trust my intent? The more people become involved, more drama. You're supposed to keep reporting to someone instead of expecting it for what it is. If you keep reporting people, then the boss for instance has more concern for you meaning you get more time from the boss to talk about his concerns of you reporting someone. They view this as a luxury to have.

Many people believe with more money, more things to do, you live a more fulfilling life. The rappers got it right here, more money more problems now you have places to attend you have to keep your status up. It's no wonder why so many people use social media all day, they have to attend to places for it.

Parents will keep pushing for better and better futures for their kids out of concern for the country, meaning more stress on everyone and higher expectations of life. This means more people reporting things.

The psychiatrist will keep telling you that you need help not because they want your business but because you don't trust yourself enough, it falls on you. Psychiatrists could never be blamed for this; the patients have to decide when they are ready to move on from getting help and most need it for life.

Their first concern by far is for you to live a happy life. I don't know if it is second, but I know educating on things you cannot do and say is not even close. Education should always be the priority. Through education patients can become happy instead of claim all these issues like depression. Clearly, they have to try something new.

They use the phrase P.R.N. for medication a lot which means “as the circumstance arises”, I had not a clue my whole life what it meant, I have never heard this term before ever until age 25.

At a psych ward the professionals told me and wrote in the report that I shoved my dad down a flight of stairs. I don’t even know where they got this from, the group home didn’t tell the psych ward that. When I told them I didn’t they didn’t even argue that I did I guess they thought it happened years ago. The point being, why tell me that I did where they are 100 % sure? I even told them my dad has a first-floor condo.

They thought it through with providing benefits for mentally ill people because if the patients were on the streets the patients would get worse and worse. They must have had studies on what patients do when they are homeless.

Casual dialogue talking about sports does nothing to help a patient with their illness, it doesn’t help their people or social skills yet that is all they talk about thinking it will improve the patients somehow.

Could there be any bigger waste of your life than going to a psych ward? Seriously. You can do anything else on the earth, if you like psych wards so much, you can work at one.

For me all of the help is documented over the span of 3 years and a half years. The whole world knows I’ve gotten help daily.

They believe therapy has no end to talk about your problems since you get new ones daily with coworkers and family. The therapist will just use different methods over time.

If you are mentally ill people who are not mentally ill cannot understand who you are as a person. I don’t know if mentally ill people can understand each other or not since they can relate I doubt they can but the point is no one can possibly support them no matter what. I want to note that mentally ill people can still understand people who are not mentally ill having gone through similar challenges in life.

Society is convinced the medications work to where it is the best solution to fixing someone’s behavior versus putting them in a jail where there isn’t a staff to keep breaking up fights. If these medications were that effective, we would have no need for prisons also we clearly don’t trust our citizens to seek the medications before committing a crime where the person would take the medication to prevent crime in society to do the right thing.

I watched someone sit in bed for over a month at a psych ward. A professional would say his brain chemistry is off. That’s completely false.

That’s just who he is yes, he is clinically depressed. He has to change who he is not find this “right” medication and talk through his problems. He just has to accept what it is there is no need for professional help he just needs to accept his challenges and get up that can be explained in two seconds he obviously knows it. It makes you wonder if all this brain chemistry stuff is false, I sure think it is.

Medical is the most discouraging thing to ever talk about for instance if I said a medication causes Parkinson’s long term than someone will dispute it entirely. People will either agree 100% with what you say or deny all of it.

People just want someone to listen to their problems, they don’t want advice. They want to talk about the good times when going through a difficult time.

21 million Americans suffer from addiction, there are only 3,000 physicians trained to treat them.

Now thanks to text messages they can just send so many people to psych wards. The evaluator will fail you for anything people could possibly be concerned about which you know the criteria for.

the professionals have accepted that a jerk may not be mentally ill.

Therapy is to give someone another chance. It is the school’s job to educate. Yet the therapists are the ones to educate after the events that got a client in to trouble have happened.

Because too many people have minor problems that can add up to too much stress, every minor problem is addressed by the professionals. This does not help the mental health field.

You can’t tell if someone is hurt or if someone wants sympathy, people can be such jerks just wanting sympathy.

People rarely society will never say “I can’t help you” telling you to meet with someone else. I sure would tell someone that. That’s not at all a sign of giving up on someone.

It is not allowed to tell someone they are miserable and not sad. They think any event can cause it, it cannot. The irony here is the brain is not that complex. You know your brain how it functions by now at age 30 plus there are all these studies on how the brain functions if you didn’t already know. “Anxiety” cannot mess up your brain chemistry that much.

People will keep trying new therapists their whole life along with new medications because they believe they had early success when the

conversations went so well in their minds with the professionals who said they've seen improvement.

The staff are supposed to be always neutral about everything, this is something that can never be improved, ever. We have biases and we make errors. Plus, you will have reactions when someone says something horrible to you.

If your blood pressure doesn't lower after trying everything then you have a permanent disorder.

I think it is good a therapist will ask you are you happy with your life if you rarely go out.

With any mistake someone makes you have to tell a patient that the patient has his or her reasoning as to why they acted the way they did.

On a website for one of the psych wards I went to it talked about how the psych ward offers the opportunity of recovery. They could get sued if someone didn't recover where they said they would recover from going to that psych ward. Recovery never has a timetable but the psych wards have to list that you have the opportunity (I don't know why, it's a lifelong illness). Also, all of the people there have lifelong illnesses meaning they will never recover. I know this because the waiting unit would have let them go home, they would recover there across the time they keep them at the waiting unit, nobody needs to go to a psych ward to recover, the only service at a psych ward that cannot be had at a waiting unit is group therapy, a waiting unit wouldn't send a patient there for group therapy alone.

A worker at a group home with a four-year psychology degree taught me that as long as you don't have a plan to kill yourself than you are fine. I agree with this fully. This would prevent a lot of sections!

You can work on mental health struggles a lot, why do people keep reverting then and why do they want more help after years?

You have to keep smiling as a therapist. They will never tell them you are being a jerk.

If a patient repeats the same talking points they try to make or they become disrespectful than walk away.

Most workers can only take 10 minutes of ranting a day or an hour at most. It may get out of control in the future, our tolerance is nowhere near ready for this.

Past 45 minutes is excessive to talk about something.

It varies from person to person if life gets harder for them when they age. Some will tell you their 20's is their best.

The mentally ill cannot be motivated or forgetful of tasks that's why they don't do them.

It's never seen as your own fault for your mental health issues, it can be someone else's problem as the cause.

The professionals encourage a patient to come up with how the patients should be responding to things. They need to tell patients this is how to respond that as the profession he or she knows more than the patient not to let the patient decide they would get nothing out of it. Therapy needs to be a class session, it's not.

They will never give up on the mental health field because they think tomorrow it will work. They can always try something new, different, or something previously done.

No wonder why manic is going up, all of this social media and news is amping people up into manic who are not mentally ill.

You may not have ADHD, you are too excited that you cannot focus.

They put people in the same building (psych ward) that are incredibly excited and incredibly depressed to try to cure them. They are opposites. Can I ask, does this make sense to you?

Mentally ill people can't hold grudges on people they fight in psych wards because the patients have to go back to talking about themselves.

They have to order all of these different medications that have to be at the right amount given and they all work the same. Invega supposedly works the best, why not just only give out Invega? A psychiatrist would read that and think I am dumb for suggesting that thinking Invega doesn't work for everything that different anti psychotics are needed, ok then show me. Explain to me why someone tried over 50 medications and gave up on them trying ones that he hasn't tried yet. If a patient wants a different medication let them order it after they leave with a psychiatrist that they are already set up with when they leave since it is a requirement when they leave.

I have never seen someone angry to leave a psych ward feeling that they needed to be there longer. There may have been one instance in the entire year I have spent in psych wards.

If someone keeps amping themselves up that will lead to violent thoughts it can be proven.

A psychiatrist told me to listen to podcasts with my free time to keep me occupied. I don’t think that is the best idea, that will just lead to more activism from patients.

In a state like Massachusetts where dialogue is so poor, the professionals cannot weigh what “lacking morals” means when it comes to mental health issues in someone.

Manic works to where someone is so amped up they don’t even realize their actions could cause them to be restrained in a psych ward because they’ve lost their mind. No age group is like this if you tell for instance a teen their actions have consequences like playing with cleaning products they know in the back of their mind but they do it for a thrill. Or for instance if a teen dislikes another student and is teasing them they do it because they cannot leave the person alone. They don’t do it for no reason at all.

The protestors who are putting pain on the expensive art are mentally ill they have lost their minds they are in the highest phase possible of mania yet they don’t go to psych wards for it nor do protestors who block roads.

If the medications and therapy actually works than they would know who isn’t seeking the help that doesn’t want to change and the professionals would never let them leave a psych ward.

When your expectations are far too high all you ever do is grunt at small things thinking everything is serious.

Always air on the side of caution about what to say, smart advice.

Because patients can still grow, we can never tell who just needs to grow.

Mania means you jump from emotion to emotion. Being in manic is serious.

Because all people want to see that you are happy in life they will never tell you no to getting mental health.

People don’t feel shame for going to psych wards and therapists, they will tell you it is stigmatized yet I see it all the time people posting in YouTube comments their mental health issues.

Because a medication can have higher or lower levels and can be used along with another one, they will never cancel a medication claiming it doesn’t work when it has the same results as all the other medications meaning they will never give up on a medication.

People believe that if you have problems in life to seek a therapist. You have friends and family they are plenty qualified. At least one of them is!

A professional can never tell that if you laugh at random it is schizophrenia.

If mentally ill people texted many weird things you would know who is mentally ill and who isn't.

The goal of psychology is not to learn mistakes but to teach the brain to understand what makes you happy. It is better use of time in college to teach the workers mistakes people make and how to improve, not how to make someone happy.

Education does nothing for mental illness because the mentally ill cannot learn from their problems. The best thing to do is to just keep reminding them they are wrong and hope it works.

They will never tell you "No" at your dreams such as being a famous rapper, actor, famous baseball player in psych wards, therapy, group homes. Do you see something wrong with this?

They can't just watch someone 8 hours a day to check off that someone is fine because mental illness is ongoing. A therapist can tell you we think you are managing and don't need help.

All forms of therapeutic activities are the same. None is worth more than one other meaning works better.

They have an hour long meet up with parents at psych wards. The parents will always believe the psychiatrist has the solutions where the parents don't need to yell at their son daughter.

They got rid of the straight jacket in psych wards because they don't need them. They can just put someone on a 1 to 1 and watch them the whole time.

I don't think there needs to be more awareness. I think there needs to be more education in the schools, we all have one family member who can identify it and can be trusted. This will teach the youth how to identify it.

Most websites have sections for mental health usually called "Health", people love to learn more about their mental health. CNN, as does Fox News have a section called "Health" which covers life, fitness, food, sleep, mindfulness, and relationships. I don't understand how there is a stigma if people want to read websites to try to better their wellbeing. It's far bigger than sports, think about it. Sports aren't stigmatized but plenty of people don't like it to the point they will not talk about it at all. It's the same thing there are plenty of people who want nothing to do with talking about mental health or health in general.

They do group therapy to remind patients of what they already know to provide solutions to someone's problems. This can be done through talking

about problems or learning new perspectives on mental health concepts like coping mechanisms.

Reckless behavior does not cause a mental illness, but the professionals think it is confirmation.

Young adults live with their parents as support and that counts as love from someone else, so they end up not getting married and having kids.

No matter what you claim you have for a physical disability or a side effect from a medication, no psychiatrist will believe you. They may change medications to try to get you to stop talking about it.

Mental illness does exist if a grown adult goes around yelling “I want a cheeseburger, I want a cheeseburger” to his family where he is too excited which I heard a story of this.

Adderall is legalized meth, and they hand it out when you request it. Also, you can crash afterwards so it isn’t even worth it, you lose hours for it that you had thought you gained.

All prescription medication is branding street drugs.

With the exception to fish oil, most supplements do little and are of no benefit to you at all.

In poor countries they must have cheaper medication as an alternative. Ironically the medication would do the same. People want medication to be more accessible worldwide, they believe not enough is put into mental health. It’s not that they believe countries hide a disaster going on but they just neglect. I also don’t believe they are hiding a disaster, but this is how they report it since I agree every country must fund mental health to some extent.

The majority of the time, the mentally ill are not set off by nothing, you can’t use someone being set off by nothing as proof mental illness exists.

Sleep does not help heal traumas and stress; it helps a little bit. It creates more stress if one in excess because you have no plan for the day.

No matter how much you insist all of this is watching over grown adults, only a few workers will listen and will agree with you. The rest feel it is in no way watching over grown adults. The word they use is support, they say some patients get more support.

I was talking to a human rights lady and she told me that people don’t feel supported so they want to go to group homes. This will get out of control. Also, nobody gets anything out of it having random staff members who know

little about life, your way of thinking, they don’t believe what you believe. When it doesn’t work, “new”, more help.

30% of people who go to psych wards go voluntarily for ages 18-30, the number is higher for past that at 37.5% for people aged 41-50. I couldn’t find the elderlies statistics, but I don’t count them I think you know why. The way the mental health field is trying to work is to make that number as high as possible, like at 98% since it may never be the number, they want of 100%. So, in the future expect people to try to change this and have the public better understand their version of mental health. Just look at the politicians, even local politicians how they want to change or expand it in some way shape or form for votes, really.

Autism should not encompass both smart and unable to learn at a basic level. What the professionals can do is say someone has autism A which is that you are very smart and autism B where you cannot learn at a basic level. Autism A can be very easily identified if someone cannot pass the 9th grade. They should have high functioning and low function. They do that for social skills. If they claim you have autism as a child then you have it as an adult, shouldn’t it be updated? They only look at your present state, why not all your history?

The psychologist’s standpoint is that you are responsible for anything you do not matter what the schools, media parents, books on ethics, psych wards, medications. I couldn’t disagree more with this view. Someone in some higher profession needs to take the blame, not someone who is doing everything can and then some.

If you are depressed and you want to be left alone all day, you don’t go up to people to tell them and take offense to what they say in hopes of getting attention from them.

57% of young women were depressed last year. 33% seriously considered attempting suicide, that’s up 60% from a decade ago. The CDC reported this for America. Half of lgbt teens are depressed. 1% of Baby Boomers, 6% of Gen X, 15% of Millennials, 21% of Gen Z want to seriously harm themselves or die. The wealthiest society in all of history is the most medicated of all time. This is getting out of hand.

They can’t tell if someone is cynical and gets a thrill versus a 14-year-old who does not get a thrill getting into a fight with someone they don’t get along with where their brain is not developed yet. The youth keep getting angry at others, the youth become not happy, they end up believing they are mentally ill for life starting at age 15. This is unfortunate.

Mental health cannot dip lower than a certain level, but the professionals will tell you that it can get much worse and it has to be monitored by therapists since they tell you that you have a lifelong illness. Then all these people speak positively about therapy which spreads the message. That’s how they get people. Your mental health doesn’t need to be monitored.

I was told by someone I spoke to on the internet that 30% of people from her high school were weird. Some of them run around the hallways like Naruto and they fake fights to act like characters from it, this is how kids act.

In most cases of promiscuity, it is not part of mental illness, it should not be viewed as such, it does not hold up claiming that if someone who is were to.

A worker at a psych ward confirmed that more money for salaries would help, but it wouldn’t fix the problem at a psych ward. Think of the future of it.

Depression can be caused by nothing at all, how?! I would think something would cause depression in someone who is permanently depressed such as the news.

There are too many patients in America so they cannot keep them long at the psych wards. They have to bring new patients in and repeat the other ones.

I don’t care what people tell me about this, if you take a single medication and you are age 25 or up, it makes no difference whatsoever if you want 25 times to psych wards. People will look at you the same if you tell them, you’ve gone 1 time versus 25. The same goes if you take a high dosage of medication or a low dosage. The same goes for those who never met with a therapist once.

They will have to open more group homes on top of psych wards because people won’t be progressing so they will need to go to group homes to learn life skills.

Most patients I met want to be at psych wards. They see no issue with their actions. They accept the consequences and do not learn. It is not a “punishment” being at one. They are not learning from it; they don’t care why they got there. It goes beyond them not trying, for them there is no stigma attached and they don’t mind at all.

Most parents are fully onboard with mental health, this means they won’t get frustrated with their son or daughter at a psych ward.

They should have giant signs up that say “If you go once, you will be canceled from society if your friends and neighbors are to find out” for psych wards.

People in Worcester are happy to be at psych wards. Every time I talk to them, they talk about how great Worcester is.

If normal didn’t exist how come people quit on you or have serious concerns if you go to psych wards? Why would they have to hide your information? How come psych wards will never be normalized no matter what changes are made?

There has to be a such thing as normal if there are psych wards and medications that means your behavior in the current state is abnormal. No, I am not debating this.

“The medication side effects could last a few days, months, years, we don’t know” then don’t force the medications on people, this is common sense!

Because they don’t care what you are in America, at the psych wards people can be anything and when given the help they act like they take the help when they don’t. The psychiatrists believe it all works itself out because the people who go to the psych wards mostly take the medications when they go home, the medications still do nothing. It shows how this is all for nothing that in America they want you to “be you” no matter what.

One of the workers who has a four-year degree said people change from year to year so if you see them so bad one year it may just be a phase they are going through and they may just have to recover, so basically never worry at all for someone. Whoever taught this to her at college, just quit, you cannot work this field ever. This is a lie. If you see someone so bad, so sick, they are only 26 years old, you’ve known him for over a year, you give up on the guy. These professionals will tell you “He will find the right psychiatrist and medications.” This couldn’t be falser; he’s looking for a psychiatrist that will adjust his life so he can do what he always wants while bringing you down where everything he says and does is sick. He’s using the psychiatrist for his gain alone so everything he does becomes legal in some way when he does these things, so the cops never talk to him again. He wants everything his way that he cannot possibly achieve, yet the psychiatrists will give him a false sense of belief for him since he is their client. His record got even worse after meeting with you for years. Yet you will never take accountability for him as a psychiatrist? At least, he doesn’t make a fortune off this.

How can someone say with a straight face that if someone is struggling they have the right to be abusive and they get empathy for it? So, when someone

struggles they can be abusive? Struggling must be very bad and for some reason it is frequent. How is it struggling when they get joy out of it? I thought the medications make it so someone’s struggles are not terrible for the rest of us, clearly that’s not true.

Instead of fixing the education system as an example, America would rather fund the mental health field with medications and therapy to talk about their problems to make them happy. That’s what the mental health field is selling you as their product, people are rushing into this, yet it has few results.

People say they assume the best in someone, but this is what they think. If you get angry and raise your voice at them, they assume you are struggling with mental health. Really saying you are mentally ill your whole life and need help. Anger is now deemed “mental health issues.”

There’s no proof crime increases by not putting people in psych wards. Just let people check in voluntarily.

We had a guy at the psych ward who was outrageous in his mid-30s. I think he would know he acts like a child. But the professionals will claim his brain makes him forget right and wrong at many times. Yes, I am saying they are enabling this. Do the professionals believe he really wants to stop yelling at people? You call him a “victim”? What they should do is say that someone just doesn’t care about right and wrong. This is what they are talking about on the internet how they are rewarding bad behavior.

Psych wards may be needed in countries to convince the public everything is fine, and people are getting the help they need since in every society there are people who need help.

Now thanks to text messages they can just send so many people to psych wards. The evaluator will fail you for anything people could possibly be concerned about which you know the criteria for.

People are all talk that’s why they go to psych wards and not jail. They talk a big game to believe they are big, but they won’t actually do it.

Medications are mind altering drugs to change “your brain pattern” as they will tell you at a psych ward. That means the country does not tolerate you for what you believe.

If you Google over treatment and which medication they were given. If you see the reviews, the patients are demanding change with more and more done to better the field in the way they see it.

If someone get excited at the thought of going to a group home, they are obviously mentally ill.

If America goes to 60% mentally ill, then the term will have no merit at all.

If only most of the time the mentally ill had parents that were mentally ill, the mentally ill families would get along well.

The mental health professionals are taught that to cure illnesses someone must live a fulfilling life that means getting involved with things, working, having hobbies, socializing etc. That all sounds good on paper, but it won't do much for someone.

The professionals in mental health figure as long as you treat others equally you can believe what you want meaning you can think as high of yourself as possible. The professionals don't understand ego issues and how it affects ones behavior in the future.

Because mental health issues can apply to anyone and they are life long, you are always able to be accused of it. Remember all it takes is one professional to think you have it out of all of them. It is easy to identify if someone's doesn't learn from their mistakes or not. Yet for some reason the professionals can accuse you of mental illness your whole life since it is lifelong, can be caused by a tragic event that can happen to anyone where they cannot accept this tragic event. A mental illness can be diagnosed at any age remember.

Can you imagine a therapist has to teach someone basic skills in life? That's the last resort. Why do we have schools what's the point? School is to teach them life skills and to educate. Meanwhile people are making the same mistakes in society. Mental illness does exist then because clearly they aren't doing it for thrill nor are they learning after being told not to. The professionals seriously believe mentally ill people can always learn and better themselves, that couldn't be further from the truth.

The mental health field had the same behavioral issues 60 years ago and 200 years ago. We don't know historically if the mental health field botched it or not when the professionals decided who is and who isn't mentally ill.